The pride of North Carolina's electric cooperatives

Volume 40, No. 5, May 2008

Carolina co

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Updating that '70s house
Outdoor kitchens
Pet palaces

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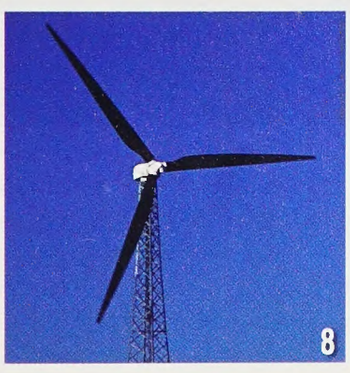
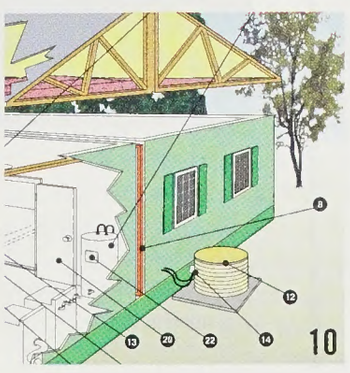
Seal those window leaks. (Touchstone Energy photo)

For home improvement tips that also improve energy efficiency and safety, see pages 10–16.





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(800) 662-8835
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Editor
Michael E.C. Gery, (800/662-8835 ext. 3062)

Senior Associate Editor
Renee C. Gannon, CCC (800/662-8835 ext. 3209)

Contributing Editor
Karen Olson House, (800/662-8835 ext. 3036)

Creative Director
Tara Verna, (800/662-8835 ext. 3134)

Senior Graphic Designer
Warren Kessler, (800/662-8835 ext. 3090)

Graphic Designer
Linda Van de Zande, (800/662-8835 ext. 3110)

Publication Business Specialist
Jenny Lloyd, (800/662-8835 ext. 3091)

Advertising
Jennifer Boedart Hoey, (800/662-8835 ext. 3077)

Executive Vice President & CEO
Rick Thomas

Senior Vice President, Corporate Relations
Nelle Hotchkiss

North Carolina's electric cooperatives provide reliable, safe and affordable electric service to 850,000 homes, farms and businesses in North Carolina. The 26 electric cooperatives are each member-owned, not-for-profit and overseen by a board of directors elected by the membership.

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HAS YOUR ADDRESS CHANGED?

Carolina Country magazine is available monthly to members of North Carolina's electric cooperatives. If you are a member of one of these cooperatives but do not receive Carolina Country, you may request a subscription by calling Member Services at the office of your cooperative. If your address has changed, please inform your cooperative.

Seeing the night sky

Thanks to James Dulley ["Energy Cents," April 2008] for mentioning the need to minimize light pollution and for referencing solutions for current and new fixtures. In the same issue you alert readers that mercury vapor lights will be phased out. Beyond simply replacing with high-pressure sodium fixtures it would be great if everyone could get fixtures that reduce light pollution and trespass. I can still see the Milky Way where I live but such places are now few and endangered.

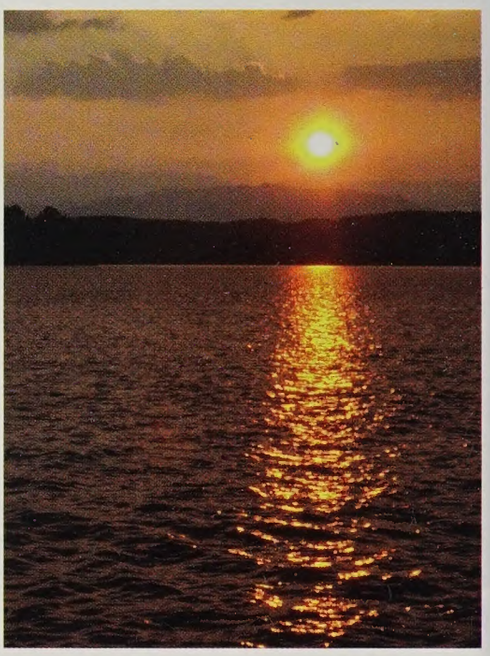
Rufus Honeycutt, Denton

Travel guide corrections

We appreciate readers pointing out these mistakes in our Carolina Country Adventures guide published in April.

- Snow Camp Historic Site's theater will not present "Jesus Christ Superstar" this summer, but will stage "Cane Creek Calamities," a humorous musical in the spirit of Lil' Abner.
- Horne Creek Historical Farm is not in Stokes County but in Surry County, very near the Stokes County line.

Where to fall in love



I love the sunsets at Lake James in Burke County. I grew up on this lake, and there is no better place to be. You can go camping, hiking, skiing, boating, fishing or just relax in the sun. The water is so clean and beautiful. I have brought many friends here for their first time and nobody has ever left without falling in love.

Jennifer Rockette, Taylorsville, EnergyUnited

The hand that feeds

Our 3-year-old son, Justin, has been hand-feeding this pig since he was 18 months old and is now the only one who can get near her. Justin also feeds three sheep, three goats and 19 chickens every day. He loves to fish and look for deer tracks on the family farm in Raeford.

Victory Andersen, Raeford, Lumbee River EMC

Contact us

Web site: www.carolinacountry.com
E-mail: editor@carolinacountry.com
Phone: (919) 875-3062
Fax: (919) 878-3970
Mail: 3400 Sumner Blvd. Raleigh, NC 27616

Facing North Carolina's Energy Future

By Edward S. Finley

Edward S. Finley Jr., appointed by Gov. Mike Easley in January 2007, has chaired the North Carolina Utilities Commission (NCUC) since April 2007. A Wilkes County native, he has practiced law in Raleigh and specialized in public utility regulation.

The 7-member commission has regulatory responsibilities for the electric, telephone, natural gas, water, wastewater, household goods transportation, busses and related industries in the state.

The following remarks, in addition to his summary of current cases on the NCUC docket, are excerpted from an address Mr. Finley delivered in April to leaders of the state's electric cooperatives meeting in Raleigh.

The electric utility industry is at a crossroads. We have to make important decisions today that will affect the availability and cost of electricity for years to come.

We're going to have to put on line new sources of baseload generation, something that has not been done for decades. We have relied on power from existing plants for a long time, making for relatively stable power costs in recent years. But now that North Carolina and the Southeast are among the fastest-growing regions of the nation, what are we going to do to meet the demand?

Our energy choices are nuclear, coal, natural gas, and renewable resources as fuel sources. Additionally, energy efficiency can help reduce demand. We also can acquire power from distant producers and bring it in on the transmission system. However, there are significant obstacles in supplying the demand from each of these possibilities. Getting around the obstacles is going to be difficult and probably costly. It will mean an increase in the cost of power that will be passed on to the consumer.

We have a thorny issue lurking in the background: the issue of climate change and greenhouse gas emissions. It will make the difficult decisions more problematic.

A large portion of the electricity North Carolina consumes is produced by coal-fired plants. They operate economically and efficiently, but some are showing their age. Coal as a fuel is indigenous, abundant, close by and until now it has been relatively cheap. Technology exists to allow us to take out the acid rain pollutants produced by these plants. But the problem with coal is carbon dioxide, the greenhouse gas that has been emitted for a long time. A majority of scientists now tell us CO_2 emissions are what causes global warming. The fact is, there is no existing technology to remove the carbon dioxide from what comes out of the smokestacks. Technology is under development to do that, but it is several years away, if available at all . . . The other issue is sequestration. The captured CO_2 must be disposed of to prevent release into the atmosphere. The geology of North Carolina is not suited for sequestration. Congressional legislation is being proposed to attempt to dramatically reduce greenhouse gas emissions. Whatever is enacted could eventually place a substantial cost burden on North Carolina consumers.

Nuclear generation releases no carbon, no greenhouse gases. But we have not built a nuclear generation plant in a long time. Hopefully they will be better and quicker to build this time around. But there is still the problem of nuclear waste and what to do with it. Also, people who are distressed about greenhouse gases from coal-fired plants probably will express the same attitude when it comes to putting nuclear plants on line. Regardless, these plants will be costly to build.

Natural gas generation becomes a default option for people distressed about coal and nuclear. But there is uncertainty about its supply and the variability of the price. The global market for natural gas and the ability to store it in liquid natural gas facilities place upward pressure on the price. And a strong argument has been made by gas producers and distributors that the best use of natural gas is to be consumed by end users, for heat, use in appliances and so forth.

Renewable energy is getting a lot of attention. There are 25 states, including ours, that have passed legislation requiring increased use of renewable energy for making electricity. The problem is the limited supply. You can't make energy from the sun when the sun isn't shining, or from wind if wind isn't blowing, or from water unless water is flowing. It also is expensive. Projections are that it will become less expensive as markets develop, but now it's expensive.

Where can we rely on renewable resources? Most of the hydro in the state is used up and has issues about new development. Wind is problematic, raising the old "not in my backyard" problem. The Utilities Commission has had two requests for certificates for wind turbine projects. One, in Ashe County, had homeowners telling us they didn't want their views disturbed, and there's an existing law out there restricting development on the mountain ridge lines. The other proposed project, in Carteret County, has neighbors there saying they don't want it.

Biomass could become important as a fuel. It is considered "carbon neutral." The plants that burn biomass—wood, pulp, agricultural byproducts—do release carbon dioxide when burned, but the sources of biomass are renewable. The problem we're seeing is that the plant that burns the biomass must be close to the source, or else it costs too much for transportation. Many of the bids that we are seeing rely on the same fuel sources, so it also may be a limited resource.

Energy efficiency then becomes an important facet for meeting the standard. Are consumers ready to make the substantial investment to cut down on energy use and commit to energy efficiency? Once you get past the use of compact fluorescent bulbs and caulking the windows, are they willing to have energy audits and put the upfront money into their homes and businesses when they won't see a payback for three to six years? We must ask ourselves if we are at the point where the mindset is such that we can work on energy efficiency.

It is an exciting time for the Utilities Commission. We are facing new challenges and opportunities. We have worked through difficult issues in the past, and I'm sure we'll be able to work through them in the future. It will require that all of us do our best to make it work.

WHERE IN CAROLINA COUNTRY IS THIS?

This is a Carolina Country scene in Touchstone Energy territory. If you know where it is, send your answer by May 8 with your name, address, phone number and the name of your electric cooperative.

By e-mail: where@carolinacountry.com

Or by mail: Where in Carolina Country?
P.O. Box 27306
Raleigh, NC 27611

The winner, chosen at random and announced in our June issue, will receive $25.

April winner:
The April photo, sent by Rhoda Tandy of Winchester, Va., shows an abandoned store on Rte. 903 in Elams, Warren County, Halifax EMC territory. Ms. Tandy says "The Open sign usually hangs lopsided, but someone keeps straightening it up!" The correct answers were numbered and the $25 winner chosen at random was Terry Maxwell of Littleton, a member of Halifax EMC.

30-year service award to Walter Dalton

The Touchstone Energy cooperative Rutherford EMC this year presented a 30-year service award to Walter H. Dalton, who has represented the co-op as its counsel since 1978.

"Electric cooperatives provide a vital service that helps rural America survive, prosper, and retain the way of life that has helped drive our country forward," Dalton said. "Rural North Carolina is not without its challenges, including bringing low-cost electricity to all areas. Unfair trade policies have sent our jobs overseas. Basic infrastructure is sometimes lacking in our communities, giving businesses less incentive to locate to rural areas. A quality education is still difficult to obtain for too many, and our schools do not always succeed at preparing students for the 21st century economy. Health care costs can literally cripple a family's income."

Dalton said he has tackled these challenges since being elected to the state Senate in 1996, representing Rutherford and Cleveland counties. Besides serving in the state Senate and as Rutherford EMC's counsel, Dalton sits on the Isothermal Community College board.

Dalton also is a Democratic candidate for North Carolina Lieutenant Governor in the May primary election.

Rutherford EMC president Joseph Quinn (left) acknowledges 30 years of service by Walter H. Dalton.

Pee Dee EMC lineman earns college degree

Dustin Marsh, a first-class lineman for Pee Dee Electric, recently obtained his Associate's Degree in Electric Lineman Technology through Nash Community College. The college program is run in conjunction with the extensive on-the-job and field training linemen receive at their cooperative and through the training provided by the North Carolina Association of Electric Cooperatives.

Dustin Marsh began as an apprentice lineman at Pee Dee Electric in 2003. Kim Williams, director of Human Resources, stated, "Pee Dee Electric is now in the second generation of professionally-trained employees through these programs and the outcome has been phenomenal." Pee Dee Electric awarded Marsh with a $750 educational bonus for his accomplishment.

Where does your power come from?

The portfolio of energy resources held by North Carolina's electric cooperatives helps ensure the reliability and affordability of your electricity

By Kristie Aldridge

A variety of fuels can be used to produce electricity. North Carolina's electric cooperatives distribute electricity produced from a diverse portfolio that includes carbon-neutral nuclear generation, natural gas, diesel generation, coal, hydro and renewable resources.

Such a diverse fuel mix ensures that electricity remains reliable and as affordable as possible. Joe Brannan, senior vice president of power supply and chief operating officer for the North Carolina Electric Membership Corporation (NCEMC), said, "A diverse fuel mix helps cooperatives manage the cost pressures that exist in the wholesale markets while addressing environmental concerns."

NCEMC, a generation and transmission electric cooperative, is the power supplier for most of the state's electric cooperatives. NCEMC is a not-for-profit organization that exists to provide member cooperatives a stable supply of affordable electricity.

In the early 1980s, NCEMC invested in Catawba Nuclear Station in York County, S.C. NCEMC currently owns approximately 56 percent of Unit 1 of Catawba Nuclear Station. Nuclear power is the largest single source in the NCEMC portfolio, making up nearly half of its power supply. According to Brannan, "Our investment in Catawba Nuclear Station has proven to be a fantastic investment because nuclear energy is a carbon-neutral, low-cost base-load power source." "Base-load" refers to the continuous demand for electricity. Most of North Carolina's electric cooperatives benefit from the nuclear power resource.

In addition to owning part of Unit 1 of Catawba Nuclear Station, NCEMC owns four peaking generating facilities—two recently constructed natural gas peaking generation facilities in Anson and Richmond counties as well as two diesel-fired generating units on the Outer Banks in Dare and Hyde counties.

Power purchased on the wholesale market comprises another large portion of the cooperatives' power supply portfolio. Approximately 40 percent of NCEMC's energy mix comes from coal purchased through contracts with investor-owned utilities. "Coal has been a cost-effective resource within our portfolio," Brannan said. "And as the technology for carbon capture is fully developed, coal will be viewed as a clean component of our energy mix as well as address our nation's desire to maintain domestic fuel sources." Some of the state's electric cooperatives also benefit from hydroelectric energy purchased through the Southeastern Power Administration, a federal agency that operates government-owned hydroelectric facilities.

Although North Carolina's electric cooperatives serve members locally, the power needs are obtained at a regional level. Together, North Carolina's electric cooperatives constitute one of the largest cooperative wholesale energy buyers in the nation. "Working together, in the cooperative tradition, means we make decisions that keep our power supply affordable, reliable and environmentally friendly," Brannan said.

More renewable energy sources

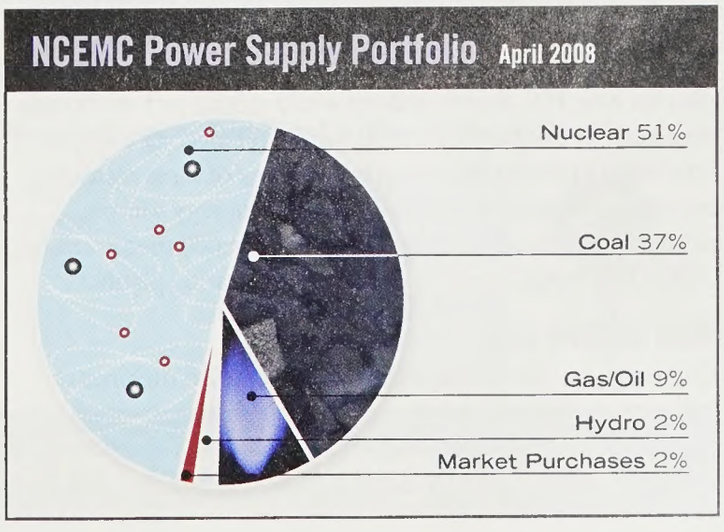
North Carolina recently enacted legislation regarding renewable resources. According to legislative mandate, three percent of North Carolina's electric cooperatives' energy portfolio by 2012 will be met through a mix of renewable energy products, growing to 10 percent by 2018. NCEMC is currently evaluating bids for renewable resources to help meet the renewable energy goal.

In addition to providing cooperative consumers with reliable electricity in the forms of nuclear, coal, natural gas and hydropower, the state's electric cooperatives have emerged as leaders in energy efficiency. Reducing the amount of power needed remains an effective way to ensure the continued delivery of reliable and affordable electricity.

The NCEMC cooperatives' future power supply portfolio will include a balance of traditional generation from fossil fuels and nuclear energy, renewable generation from sources like wind, solar and biomass, as well as energy efficiency measures. "Our top priorities are making sure members of North Carolina's electric cooperatives receive reliable and affordable electricity," Brannan said. "NCEMC will meet this priority with a diverse portfolio of resources that incorporates economic considerations with environmental concerns."

For more information about the cooperatives' energy mix, visit www.ncelectriccooperatives.com/electricity.

Kristie Aldridge is a senior communication specialist with the North Carolina Association of Electric Cooperatives.



Securing the promise of renewable energy

By Jennifer Taylor

Since the 1970s, electric co-ops have been actively engaged in promoting renewable energy resources like wind, solar, hydropower and biomass (including landfill gas, livestock waste, timber byproducts and crop residue). Today, nearly 90 percent of the nation's 900-plus electric co-ops provide electricity produced by renewable sources.

"Renewable energy makes up approximately 11 percent of all co-op kilowatt-hour use (10 percent hydro and 1 percent non-hydro), as compared to 9 percent for the nation's entire electric utility sector," says Kirk Johnson, vice president of environmental policy at the National Rural Electric Cooperative Association (NRECA), the Arlington, Va.-based service arm of the nation's 900-plus consumer-owned, not-for-profit electric cooperatives. To date, electric cooperative consumers in North Carolina benefit from over 2 percent of their power from hydro resources, as well as small self-contained solar and wind projects. Additionally, North Carolina's electric cooperatives have been working with the statewide NC GreenPower program to help develop alternative energy resources in the state. There is still more to do. Over the next 10 years, North Carolina's electric cooperatives will be working to meet a 10 percent renewable and energy efficiency mandate required by the recent passage of Senate Bill 3 by the state's General Assembly.

The Electric Power Research Institute (EPRI), a non-profit, utility-sponsored organization whose members include electric co-ops, released a study in 2007 outlining a seven-step plan for how U.S. electric utilities could reduce carbon dioxide emissions to 1990 levels by 2030, while still meeting a 40 percent boost in electricity consumption. One of these measures includes increasing non-hydro renewable energy sources, primarily wind and solar, from 24,000 to 94,000 megawatts by 2030. (This is equivalent to about 100 generating plants.)

What must be done?

Currently, 150 electric co-ops either own wind turbines or buy output from wind farms, most of which are located in America's "wind tunnels"—the Upper Midwest and Great Plains, as well as down the spine of the Alleghenies in the East.

Moving power from wind turbines, like these in the Upper Midwest and Great Plains, to population centers requires building new transmission networks.

However, wind and solar power face challenges: transmission; intermittency and the need for advancements in storage technology, as well as high construction costs and delays.

Transmission Renewable resources are abundant in rural areas, but that also means they are located far from the concentrated power needs of cities and towns. To move electric generation from renewable sources (i.e., wind farms), new transmission lines must be built.

Intermittency Most renewable sources are intermittent: the sun doesn't always shine, and the wind doesn't always blow. Improved storage technology would make it possible to store electricity produced by a wind turbine or solar system. When a storm cloud rolls up, stored solar power could be ready. Electric co-ops are studying ways to boost storage technology.

Increased Costs/Delays Construction costs for power plants of all types are rising. Three years ago a wind farm would cost about $1,000 per kilowatt of capacity to build; today that estimate has doubled. Also, the demand for wind turbines has led to a manufacturing backlog of two years or more. For solar panels, costs for installation and operation can run five times higher than a traditional coal plant of comparable size.

To help electric cooperatives further tap into renewable opportunities, a National Renewables Cooperative Organization (NRCO) was formed in February. Operations are anticipated to begin this summer. Late last year, North Carolina Electric Membership Corporation, a power supplier for many of the state's electric cooperatives, joined this effort.

Jennifer Taylor writes on consumer and cooperative affairs for the National Rural Electric Cooperative Association.

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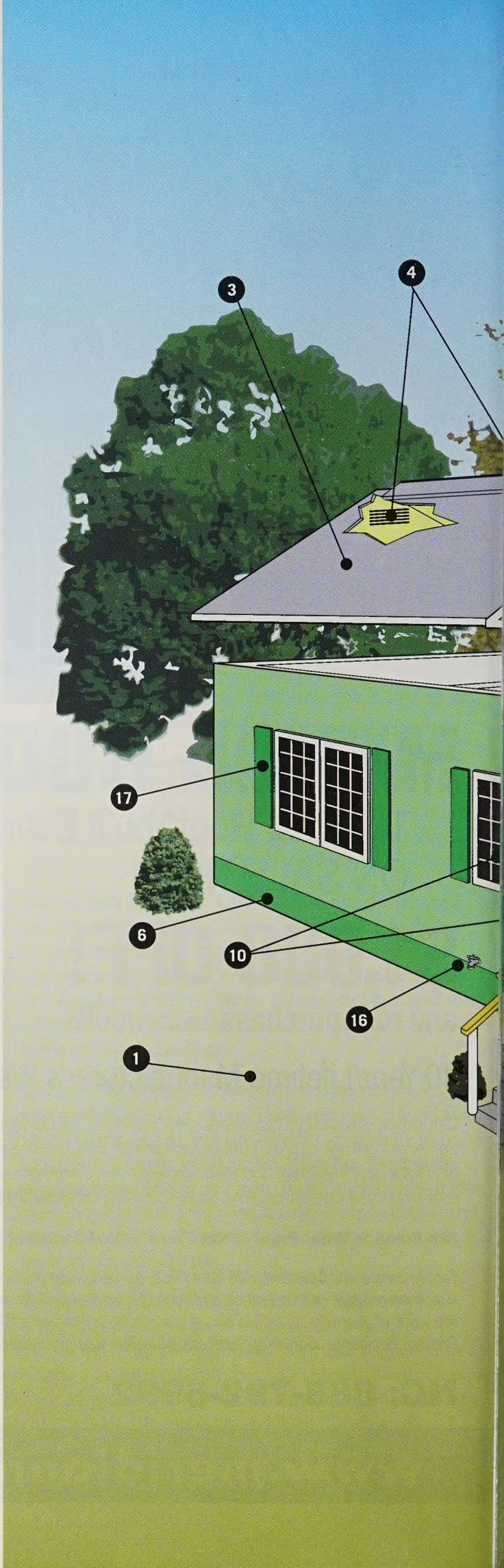
Tried & True

22 tips for buying and maintaining an energy-efficient manufactured home

1. Make sure your dealer grades the site properly. Poor grading leads to settling and moisture problems.
2. Strategically plant trees to reduce sun exposure during summer and act as a windbreak during winter.
3. Choose the lightest color roof shingles possible to keep the attic from getting too hot.
4. Gable end and ridge vents provide ample ventilation. You shouldn't need an attic fan.
5. Make sure attic insulation has not shifted during transit before joining multi-section homes.
6. Install vinyl or metal skirting or a foundation wall to protect the home's underbelly and duct connections.
7. Install a continuous vapor barrier underneath the home. Heavy plastic works well.
8. Make sure the "marriage walls" (where two sections join) are airtight with foam gaskets installed between sections.
9. On multi-section homes, make sure all ducts that cross over to another section are properly joined with a mastic sealer.
10. Install storm windows and doors.
11. Make sure the clothes dryer is vented to the outdoors and away from outdoor heating and air conditioning components.
12. Have HVAC system properly sized. Oversized systems contribute to high bills and high indoor humidity. Request a factory-installed heat pump instead of an electric furnace.
13. Change return air filters monthly. Avoid pleated filters because they can restrict proper air flow.
14. Have an experienced technician tune up your HVAC system annually to maintain maximum efficiency.
15. Choose an insulation package that maximizes energy savings. Consider more than the minimum requirement.
16. Seal all plumbing and wiring penetrations. Use expanding foam for large penetrations, caulk for small penetrations.
17. Weatherstrip leaky doors and windows.
18. Choose Energy Star products including appliances, HVAC and lighting.
19. Ceiling fans should be turned off in unoccupied rooms.
20. Keep all interior doors and air registers open for energy-efficient airflow.
21. Set HVAC thermostat to about 78 degrees in summer, 68 degrees in winter.
22. Set water heater thermostat to 120 degrees.



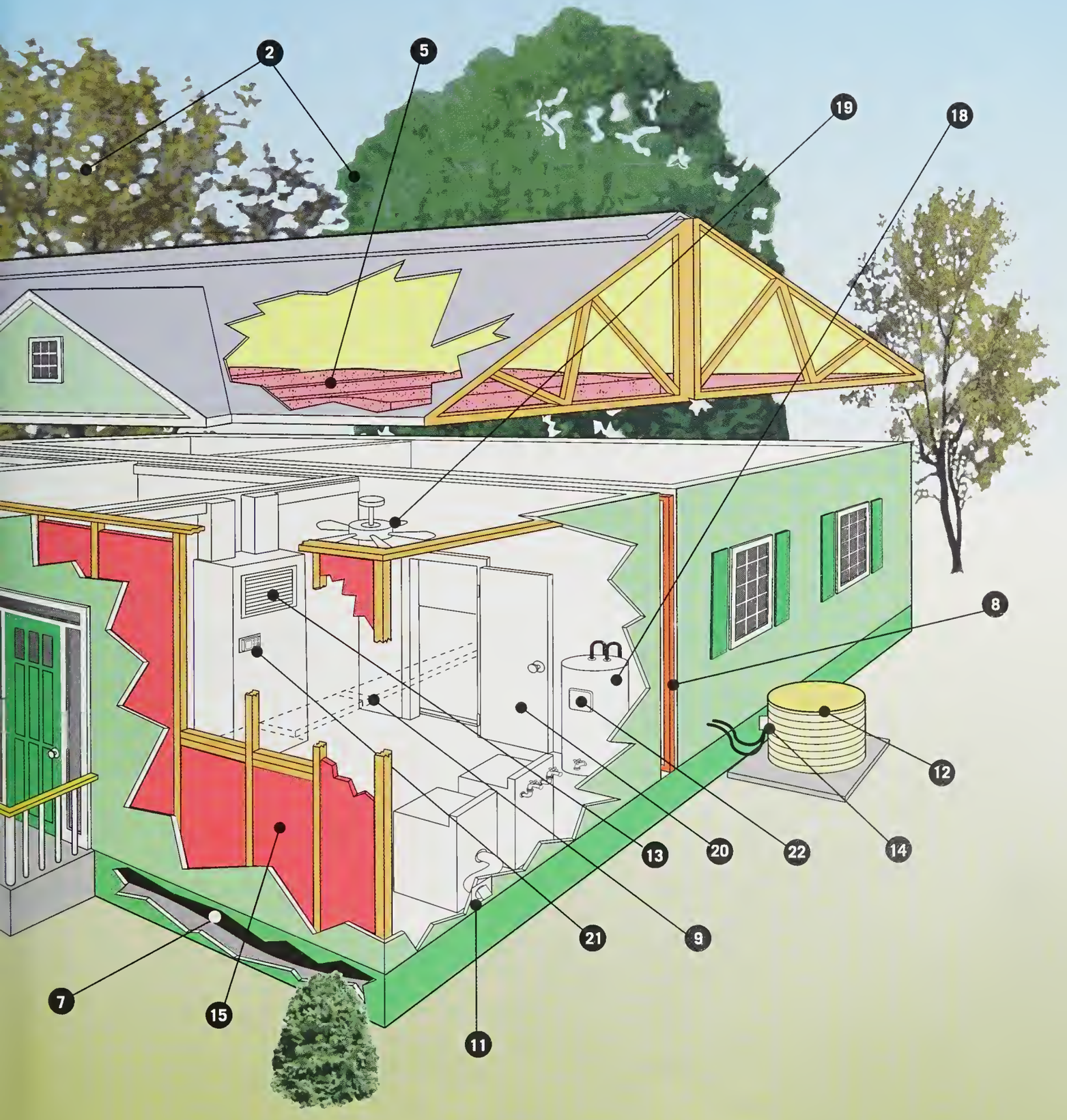


Illustration by Ed Vernon,
for North Carolina's Touchstone Energy cooperatives

"A Symphony of Flight"

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Nothing, but nothing, is bigger, badder, faster or louder than the 2008 MCAS Cherry Point Air Show zooming in June 6-8. You and your family will be awestruck by the ultimate in free aerial entertainment highlighting a spectacular "Night Show" on Friday, and two full weekend "Day Shows."
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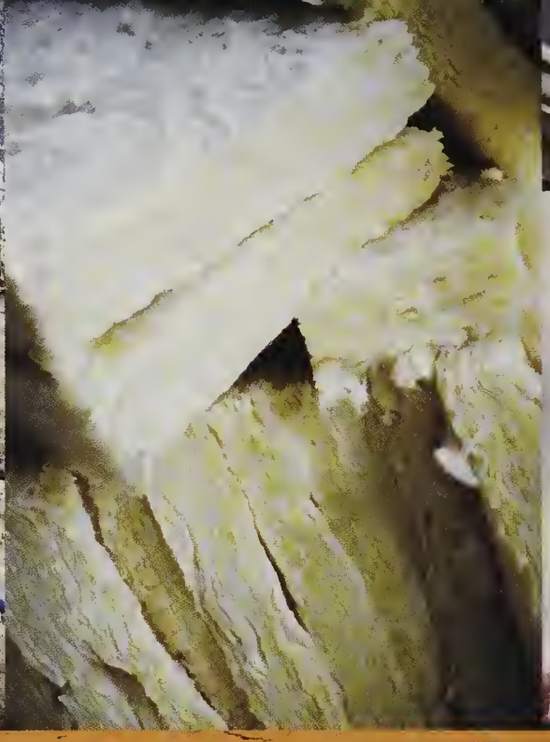

Don't move ... improve!

Remodel that 1970s house for greater efficiency and style

By Barbara Baird

Shag carpet, wagon wheel chandeliers and avocado appliances are easy and inexpensive items to replace when you're looking at giving a 30-something-year-old house a makeover. The big budget biters, however—especially windows and siding—can cost thousands of dollars.

How can you know which renovations matter and how will they improve the look and the "feel" of your home? Whether your project is replacing the oven or the front door, putting the emphasis on energy efficiency will definitely save money and add resale value to your home.

Start out small

If you live in the last generation's style of house and the appliances have not been replaced, it's time to start switching from harvest gold to stainless steel. According to the Energy Information Administration, the average homeowner in the South spends $1,700 on energy costs, so it is worthwhile to look for appliances that have earned the Energy Star rating. (Energy Star began in 1992, supported by the Environmental Protection Agency and the Department of Energy, www.energystar.gov.)

These qualified appliances use 10–50 percent less energy and water than other models use. Many appliances offer increased product performance in heating by offering higher British thermal unit (Btu) outputs, which means faster and safer heating capabilities and more off time for appliances.

Buy only one more water heater

Most water heaters need replacement when their tanks rust through. When it comes time to replace your water heater, look for a replacement with an efficiency rating (EF) of .92 or higher.

Stoke the fire

Nothing tops a real wood fire burning in the fireplace. Yet, even though a fire gives you warmth, the fireplace can actually suck heat out of a house and up the flue. Tight-fitting fireplace doors minimize the heat transfer, and when a fire is not burning, an inflatable chimney pillow stuffed into the fireplace cuts down the heat loss, too.

You can upgrade your old fireplace by adding a heat-circulating grate made of steel pipes with a built-in fan that draws in the cool room air in one side and returns heated air out the other side. This grate's heat output can be as high as 40,000 Btu per hour.

There are other fireplace efficiency products—from throat dampers to inserts with fan systems and air control, operating more like a wood stove than an old-fashioned fireplace and saving you money.

Re-feather (or foam) your nest

If you think you're getting colder in the wintertime because you're getting older, think again. Maybe the insulation in your home is not all it should be, or where it should be. Some homes built 20 or more years ago have little or no insulation.

The function of insulation is to resist the flow of heat and is expressed as an "R" value. The higher the "R," the higher the resistance to heat flow. Go for the highest "R" you can afford.

Check locally to see what your R-values should be. Many electric cooperatives will offer a free energy audit of your home that not only

Top left: Whatever form of siding you select, be sure it's maintenance-free, a big plus for resale value and money savings.

Top middle: Almost any home can be buffed up with more insulation. Insulation comes in various forms, including fiberglass (in both batt and blown forms).

Top right: The average savings is $125–$450 per year for replacing single-pane windows with energy-efficient windows, and $25–$100 per year for replacing with double-paned windows.

includes consideration of its insulation, but also cold-air filtration, heating systems and other non-electrical systems. Almost any home can be buffed up with more insulation, and the results will boost the R-value considerably. Insulation comes in various forms—fiberglass (in both batt and blown forms), cellulose, rigid foam board and spray foam—and lots of materials.

In most North Carolina locations, reflective insulation (called a "radiant barrier") will save energy costs, as much as 17 percent. When a radiant barrier is placed on an attic floor, it reflects the heat back toward the roof. A roof-mounted radiant barrier reduces the amount of radiation incident on the attic's insulation.

Seeing the big picture (window)

According to Energy Star, you will not recoup the cost of new windows by energy savings alone. The average savings is $125–$450 per year for replacing single-pane windows with energy-efficient windows, and $25–$100 per year for replacing with double-paned windows. However, in a survey conducted in 2006 by both Remodeling and Realtor magazines, costs recouped at resale by replacing old windows with either wood or vinyl fell between 71.5 percent in the west north central U.S. and 102.2 percent in Pacific coast states.

The Doors (not the band from the '70s, but your exits)

After 30 or more years, most doors have seen better days. Dings, nicks and kicks not only create unsightly entryways into homes, but also affect the doors' abilities to seal living spaces. A better-fitting, energy-efficient door not only improves the gateway to your palace, it also improves your energy savings. And, a new door adds an instant facelift to your home.

To side or not to side?

If you decide that your home needs a complete facelift, do your homework on the topic of siding. Decide which R-value your home requires and work with a reputable siding dealer in your area to find the best type. Couple that siding with the proper insulation and you'll have a partnership that protects your abode, and helps keep the heating or cooling inside. According to the above-mentioned cost-versus-value report by Remodeling and Realtor magazines in 2006, recouped costs can be 104.7 percent for mid-range vinyl siding in the east south central U.S.

Whatever form of siding you select, be sure it's maintenance-free, a big plus for resale value and money savings.

Get paid to improve

Here's the best part of the refurbishing deal. Not only do you get to enjoy an improved living space that saves you money on your energy bills, you can also get rebates and tax credits for making the improvements.

Sometimes Energy Star partners offer sales tax exemptions or rebates on qualified products. To see if your purchase applies, check the Energy Star Web site: www.energystar.gov/index.cfm?fuseaction=rebate.rebate_locator.

Also, your improvements may merit a federal tax credit. See www.energystar.gov/index.cfm?c=products.pr_tax_credits. For improvements made between Jan. 1, 2006, and Dec. 31, 2007, the maximum amount of homeowner credit for all improvements combines is $500. Congress did not approve extending the tax incentive program that expired at the end of 2007. However, congressional leadership has said it will look for opportunities to move this legislation in 2008. Ask your tax advisor for an update on the status of the tax credits or go to www.energytaxincentives.org for more information.

Barbara Baird is a freelance writer with the Rural Electric Statewide Editors Association.

Electrical Safety Tips

Gov. Michael F. Easley has proclaimed May as Electrical Safety Month in North Carolina. North Carolina's electric cooperatives recognize this proclamation and offer these safety tips if you plan to update your 1970s-era home.

- When installing new electric fixtures, such as a new overhead light in the kitchen, make sure to first disable the power supply.
- Disable the power supply when drilling into walls and ceilings, because you might hit a wire without knowing it.
- Older homes have fuse boxes, whereas newer homes have circuit breakers. They serve the same function. However, if you have a fuse box, make sure to keep the appropriate fuses on hand when remodeling. This may be a good time to update your fuse box to a circuit breaker.
- Check all new fixtures to make sure they bear the mark of a recognized certification agency before installing them.

Lifespan of an appliance

(from appliance.net)

6 years	trash compactor
9 years	dishwasher, microwave
10 years	clothes washer
11 years	freezer, water heater (electric)
12 years	garbage disposal
13 years	refrigerator, clothes dryer, electric range
14 years	range hood
10–15 years	air conditioner, garage door opener
20–50 years	whirlpool tub

Outdoor Kitchens

by Barbara Baird

Ah…the old front porch, where folks sat in their swings and rocking chairs and called to passersby to join them for a chat and a glass of iced tea. Where have all the porch sitters gone?

They just went out the back door to the deck. In fact, many of them are spending more and more time out there now that outdoor kitchens are gaining in popularity. And, the whole neighborhood is out there with them.

Outdoor kitchens can be equipped with a gas grill, custom-built smoker, refrigerator, sink, stove, oven and outdoor ceramic tile countertops, among other features. You can probably get by with a $2,000 outdoor kitchen, but the sky's really the limit when it comes to the basics to take the heat out of the indoor kitchen.

Where to put the outdoor kitchen?

If you're starting from scratch, place the outdoor kitchen area on the side of a north-facing wall if possible. That way, the afternoon/evening sun won't bake you and your guests.

Michael Goldschmidt at the University of Missouri-Columbia, a specialist in sustainable resources used in design, says to place a top cover on your outdoor kitchen. A shelter reduces water and sun damage on appliances, cabinets and countertops. (A cover over a grill area, though, will not work.) Landscaping, with big trees as windbreaks and shade structures, also helps.

Goldschmidt recommends placing the kitchen on an existing wall with plumbing and electrical systems, if possible, instead of digging a path for underground wires or chipping out a trench in an established patio.

What next?

You don't want to have to run inside too many times. Plan for an ice machine, a refrigerator and a preparation area. Look for appliances that are made for the outdoors. They cost more—maybe two or three times as much as indoor appliances—but will last longer. Also, buy appliance covers to protect them against elements.

When considering the space required, think traffic flow. Where do you want the hangers-on to be and where do you want the worker bees?

Never too much heat in this kitchen

From grills to smokers to wood-burning pizza ovens, what you choose for cooking will take center stage. Built-in barbecues require insulation, and building codes dictate the distance that built-ins must be from combustibles. Maybe a fireplace or firepit that can double as an oven suit your entertaining needs.

Countertops

First, think about how much room you need to prepare foods you'll be making. Then, think exposure to the elements. Granite rates as outdoor cooks' favorite material. Quartz is as durable as granite. Some cooks like the look of field rock or other types of stone. Some choose brick. Tops should measure at least 1⅛ inches and be installed with silicone, which allows movement that results from temperature changes and resultant shifting of the stone.

Cabinets

Redwood is a popular choice for outdoor cabinetry for several reasons—it will not warp or crack like other woods and resists insects and decay. Stainless steel shines in comparison to most woods, as it will last longer. Polymers, once found only in marine kitchens, resist inclement weather and have rocketed it to the top of the list for outdoor use.

Sinks

An outdoor sink needs an underground cold-water supply from the house to the sink, and it needs to be drained in the winter in cold climates. While the plumber is doing the job, hire him to install a buried gas line for the grill. It might be possible to have the outdoor kitchen water line connected to a sprinkler system, as long as the water is purified and meets standards. When it's time to winterize the sprinkler system, you can also take care of the kitchen. Wastewater from the sink can be caught in a tank under the sink.

Electric safety tips

- Make sure the appliances you install in your outdoor kitchen are resistant to a majority of outdoor elements. Excess dust could cause the appliance to work improperly, increasing your chance of a fire
- When installing outdoor outlets, make sure they are of the ground-fault circuit interrupter (GFCI) type

Barbara Baird is a freelance writer with the Rural Electric Statewide Editors Association.

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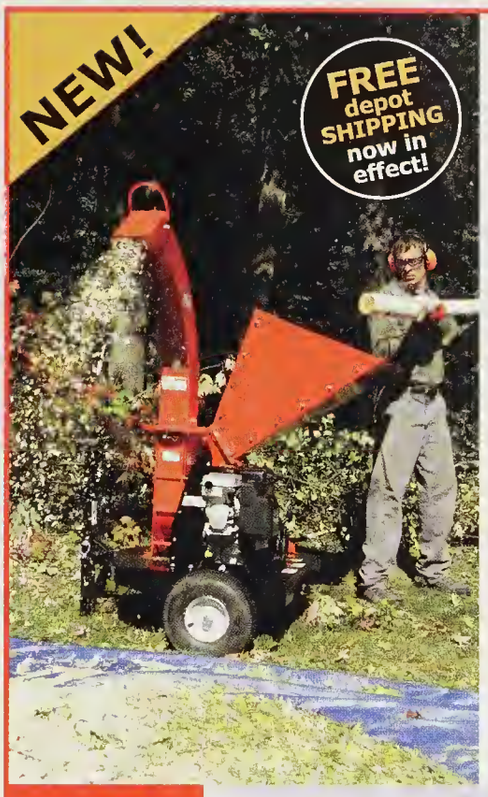

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Precious Buoy

My mom tenderly cared for my Granny for the last five years of her life, so when Granny passed away, Mom's hands were too empty. "Get Mom one of those dogs that looks like a little fox," I suggested to my dad. He was reluctant at first but finally agreed to buy a Pomeranian pup from an ad.

Shortly after Precious Buoy (as Mom called him) moved in, her only remaining sibling came down with an incurable disease. I watched Mom cuddle Precious during her grieving, and I knew that to her he was more than a pet. Her strokes of love and occasional kisses on his golden mane were affection she needed to release to family members she could no longer touch.

Precious' antics brought both my parents joy. He preferred that Mom not wear socks, and if she did, he worked until he pulled them off. And his favorite resting place was on the back of Dad's chair. For the 16 years that he was a part of the family, I don't think he ever knew he was a dog (see above). Certainly, no one ever told him.

Sandra Hobson, East Bend, Surry-Yadkin EMC

After the flood, Rusty came to stay

Months after Hurricane Floyd and the Flood of 1999, our mixed canine Rusty came to our house. He had no hair on his body, and his collar was almost embedded into his neck. He had been hanging around our neighborhood for weeks after the storm. The neighbors tried to catch him, but they had no success. But the minute he saw my husband, he came running. My husband removed the collar, and the dog stayed.

We decided that if he was going to stay he needed medical attention. The vet told us he was about a year old, and that the collar was put on him when he was young. He had heartworms and mange, and the vet said it would be almost impossible to treat or cure. We could not bear to see him put down, so we went through the treatments.

It took months, but he became heartworm-free, and his hair finally grew back. He is a beautiful, loving watch dog today. I guess you can say he found his refuge and the best home he ever had, his pet palace.

Nancy Mills, Emerald Isle, Carteret-Craven EC

A home for a ferret

We had wanted a pet for some time. Having bought our own home, we were no longer restricted by a "cats only" lease (my husband is severely allergic to cats and dogs). After some research, we adopted an 8-month-old ferret whom we named Minion. We bought him a top-of-the line two-story cage and a large playpen to romp around in, as well as a few ferret-safe toys. We have found, however, that much like cats and some small childre his favorite toys are always the simples and cheapest ones: a felt-covered dowe rod, a ball of yarn or a duffel bag full c my husband's work things.

At the top of the list is Minion's box Nothing more than a cardboard box with an entrance hole, adding a towel or piece of scrap fleece transforms it into the perfect hidey-hole in which to sleep, play or simply hide treats for later snacking. In this picture, Minion is comfortably ensconced in his box watching me take his photo. I have to be quick, because he never stays still for long!

Michele Ogle, Bessemer City, Rutherford EM

GO ONLINE
www.carolinacountry.com

Thanks to everyone who sent us photos and stories about pet palaces. You can see more on our Web site. Next month we'll publish some of your favorite wedding photos. [Deadline was April 15.] For more themes and the rules of our "Nothing Could Be Finer" series, see page 20.

Meatball, USAF Retired

Although a bulldog is the US Marine Corps mascot, "Meatball" is US Air Force blue through and through! Owned by recently retired USAF Col. Ken Lynn and his wife Monica, Meatball spent his last few years at Seymour Johnson AFB in Goldsboro listening to the daily roar of F-15E Strike Eagles overhead and then at Langley AFB in Hampton, Va., where the even louder F-22A Raptors interrupted his favorite pastime of sleeping. Now that he too is "retired" and living atop his own quiet little mountain in Ashe County, Meatball has made the sunroom, with its beautiful scenic view, his very own pet palace where he snoozes in between playtimes with his favorite stuffed football.

Kenneth Lynn, Fleetwood, Blue Ridge EMC

Barnyard pet palace

This is the type of pet palace you find down on the farm. It has a lot of air conditioning in the summer, but probably needs a little extra attention in the winter. As you can see, neither one of these dogs is smiling or wagging its tail. They know that one day this pet palace will be gone, just like so many farmers over the years.

Louis Talmadge Meads, Elizabeth City, Albemarle EMC

R.C. on his sun porch

I am not ashamed to admit that I like chickens. Short, tall, fat, skinny, fried or roasted—I'm a fan. So I suppose it should come as no surprise that while driving through Catawba one spring day I stopped to pick up a rooster who literally fell off the chicken truck on his way to slaughter.

Over the following weeks of care, R.C. (Road Chicken) made a full recovery minus a wing. Soon it became clear it was time for R.C. to move out of his makeshift hospital (an old dog kennel) and into something more appropriate for such a peculiar bird. He loved cats and sunning himself on porches, so it was important that his new home accommodate both. For one week I worked sun-up to sundown taking apart wooden pallets and building what I affectionately refer to as "The Poultry Palace." Complete with an A-frame roof and front porch for sunning and feline visitors, R.C. moved in without hesitation. Each morning I would let him out, and by dusk every evening he would return to the safety of his abode for the night.

R.C. has since passed on, but his house still stands to his memory.

Christina Borders, Statesville, EnergyUnited

Tigger's house

I built this custom home for my cat Tigger. It was modeled after an actual life-size home, with two floors, a staircase and nine rooms. Each room has a vent for heat and AC. The home has hardwood floors and carpet and lighting in each room. Windows and doors were custom made as well as the shingles. Each shingle is 1-by-2 inches and was cut from a regular sized shingle. The home is over 4 feet long and more than 3 feet wide. The tallest point is just over 36 inches, and it weighs over 600 pounds.

Adrian Stokes, Fayetteville, South River EMC

continued on page 20

Hootie at home

Who says that a pet needs to be one that lives in a home or cage? In my mind, a pet is an animal you love and appreciate whether near or far. We have such a pet, and we've named her/him Hootie. Yes, it's a screech owl that lives in a tree in our backyard. This owl has lived in this tree for over 10 years. It's no more than 15 yards from our house, and it sits as you see it in the photo all day long. At night or when the weather is bad it stays inside that hole.

Hootie's palace is an old tree where he nests. My husband noticed that the tree was rotten and needed to come down, but we still wanted the owl to return. My husband decided to cut out and cover the top and bottom of the section that the owl was using. He then took a very tall ladder and nailed it to an adjacent tree. We waited that whole year for the owl to return.

Sure enough, in the fall that year Hootie came back and resumed his/her residence in the palace. Hootie also has a mate who we don't see that much. In the late spring we see a baby or two and then shortly thereafter they all fledge only to return in the fall.

Loretta Harrison, Havelock, Carteret-Craven EC

Blue-eyed buddies

The best home our pet ever had was in the arms of his master, Connor. Connor received his Siberian husky, Dakota, for his fifth birthday. No palace could ever match the love in Connor's arms. The two blue-eyed boys have been best friends since.

Beth Purser, Monroe, Union Power Cooperative

Away in a manger

From November though January, Kody's home is by the manger. She not only stays dry and warm, but she looks like she is worshipping the Christ child. She has chosen the best palace of all.

Lori Barker, Asheboro, Randolph EMC

Here to stay

Charlie appeared on our welcome mat one November day as a 6-month-old, 25-pound puppy. After a month he decided, since we were a home without a dog, he would adopt us. Folks often ask what breed of dog we have. The best we can do is say he's a "Danish-Lab-Hound," because we see characteristics of those three breeds.

Charlie first lived on our porch in a Dell computer box with a quilt. When the "adoption" was finalized, he received a "dogloo" for Christmas. One day he was carried indoors. Later, with much coaxing, he climbed the steps to our home's second floor.

Now, 85-pound Charlie loves his two-story home. He has a dog bed, but often prefers to retreat to our walk-in closet. He loves to look for wildlife from second floor windows (day or night), bark at UPS trucks, or nestle next to the computer. He likes leaving the house for hikes and truck rides. Charlie doesn't like gunshots, backfiring cars, or beeping cell phones. His house is his haven from scary noises.

Arriving home from work, it's wonderful to see Charlie at the second floor window, welcoming me to his home!

Dawn Hollifield, Marion, Rutherford EMC

send us your best EARN $50

Here are the themes in our **"Nothing Could Be Finer"** series. Send us your stories and pictures about these themes. If yours is chosen for publication, we'll send you $50. You don't have to be the best writer. Just tell it from your heart.

July 2008
My Favorite Car
Stories and photos of the best car you ever had.
Deadline: May 15

August 2008
If Students Ran the School
For students: How would you run your school?
Deadline: June 15

September 2008
My Favorite Photo
Our annual photo gallery of N.C. people and places.
Deadline: July 15

October 2008
Celebrity Presidents
What celebrity–human or cartoon–would make the best President, & why?
Deadline: August 15

November 2008
The Techno Whiz
Your craziest experience with home electronics.
Deadline: September 15

The Rules

1. Approximately 200 words or less.
2. One entry per household per month.
3. Photos are welcome. Digital photos should be a minimum of 1200 by 800 pixels.
4. E-mailed or typed, if possible. Otherwise, make it legible.
5. Include your name, electric co-op, mailing address and phone number.
6. If you want your entry returned, please include a self-addressed, stamped envelope. (We will not return others.)
7. We pay $50 for each submission published. We retain reprint rights.
8. We will post on our Web site more entries than we publish, but can't pay for those submissions. (Let us know if you don't agree to this.)
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'ArtDuckO' exhibit
delves into North Carolina's waterfowl culture

Decoys above made by St. Clair Midgett (1894–1965), arranged in a marsh in Dare County.

ArtDuckO

The exhibit is scheduled to run through December 2008. The North Carolina Museum of History's hours are Monday through Saturday, 9 a.m. to 5 p.m., and Sunday, noon to 5 p.m. (919) 807-7900 or www.ncmuseumofhistory.org.

Nearly 400 carved decoys from 1872 to 2008, beautiful Audubon bird prints and natural bird specimens only skim the surface of a new exhibit at the North Carolina Museum of History in Raleigh.

"ArtDuckO: Waterfowl Culture in North Carolina" brings together 150 years of waterfowl culture from decoy carving and fashion to market hunting and conservation efforts. Admission is free at the 8,000 square-foot exhibit.

ArtDuckO's re-created environmental settings, hands-on activities and hunting games immerse visitors into a world of waterfowl. Artifacts include feathered fashions, hunting guns and boats, along with humorous touches such as vintage Donald Duck toys.

Entering the exhibit, visitors see a 1960s decoy carver's workshop with tools, patterns and carvings owned by carver Alvin Harris, from the Core Sound area. Prized decoys by other Tar Heels, such as Mitchell Fulcher (1869–1950) from Carteret County, appear throughout. Decoys and bird carvings by contemporary carvers include works by Walter "Brother" Gaskill of Harkers Island and Nick Sapone of Wanchese.

ArtDuckO delves deep into the state's hunting history. North Carolina emerged as the "Waterfowl Capital of the World" in the late 1800s, after sportsmen from the North and other parts of the country discovered its bountiful hunting grounds.

Wealthy northern businessmen established more than 100 gunning clubs and lodges from 1870 to 1920 within a 100-mile radius of Back Bay, Currituck Sound and adjoining marshes. They brought their own decoys until the 1930s, when they began purchasing them from local carvers. ArtDuckO features decoys made in the North and used by members in Outer Banks hunt clubs, such as the Swan Island Shooting Club and the opulent Lighthouse Club (now the Whalehead Club) near Corolla.

Hunters who harvested waterfowl for commercial markets began to carve wooden decoys in the 1800s. Some carvers produced several hundred of these valuable hunting tools. Gradually, regional styles of decoy carving developed. For example, the shape of a tail could distinguish a Core Sound decoy from an Ocracoke Island decoy.

The various interpretations of swans, geese, ducks, shore birds and other waterfowl illustrate how decoys evolved from working decoys to decorative objects in the 1960s, when Americans began collecting them as folk art.

The exhibit's guns, boats and equipment typify the tools used by commercial hunters and follows the evolution of the waterfowl gun, beginning with an American colonist's flintlock 12-gauge, single-barreled muzzleloader (circa 1750–1780).

Feathers became fashionable for women's hats and accessories in the 1850s. A Victorian room setting in ArtDuckO showcases dresses, hats, stoles and fans embellished with feathers. One 1910 silk taffeta hat features the whole body of a seagull.

Commercial hunting eventually depleted the state's waterfowl. For example, tens of millions of birds—especially white egrets, herons and small terns—were killed at the height of the feather trade. In 1917, North Carolina became the first state to outlaw market hunting, and other restrictions followed.

ArtDuckO highlights the Audubon Society's conservation efforts and features a first-edition set of Birds of America 1827–1838 by John James Audubon. Visitors also will discover a few unexpected surprises among the flock, such as a duck decoy given to former President John F. Kennedy by his wife, Jacqueline. Kids can follow Quack Facts by Professor Quack and climb into a boat in the play area.

Your scrap metal IS THEIR MISSION

Text and photos by J.D. Walker

North Carolinians may not realize they are sitting on small gold mines—or at least a significant source of pocket change—right in their own backyards.

But some teenagers in Randolph County have figured it out. Tra'e Hill and his classmates at Fayetteville Street Christian School in Asheboro collected scrap metal to raise money for this year's junior/senior banquet and possibly, an upcoming missionary trip. In this school of some 170 students, the junior class raises funds to put on a banquet for both upper classes, the equivalent of their prom.

The idea of collecting scrap metal to raise money was the brainchild of Tra'e, 17, and his father, Sgt. Donny Hill of the Asheboro Police Department. Other members of the class are Seth Arrington, Henry Ceiro, Timothy Farr, Christian Hancock, Joseph McNeill, Caroline Miller, Luis Moncion and Luke Moss.

Last summer, Tra'e figured he would mow lawns as a summer job. The drought put an end to that idea. Then a family friend asked for help getting rid of some old vending machines. Here was something unique and possibly lucrative, Tra'e thought. From there, it was just a matter of bringing some friends on board to help.

As word got around, Tra'e and his friends had plenty to do. Somebody needed help cleaning out a warehouse. Another person wanted to get rid of an old Volkswagen. Used appliances, old mowers, discarded barrels and much more were all turned into cash at a Biscoe salvage yard.

When school started up again and Tra'e became class president, the junior class responsibility of paying for the banquet and his summer entrepreneurial experiment came together perfectly. "It seemed like a better idea than just asking for money or expecting our parents to pay for it," he said.

Tra'e and his friends hit on a solid trend. The Steel Recycling Institute reports that steel is America's number one recycled material. As worldwide production of steel has escalated, so has the global demand for quality steel scrap. Prices for steel scrap remain significantly above the historical average price, and as a result, inventories of steel scrap across America are at their lowest levels since World War II.

That means the discarded metal appliances and products frequently found in Southern garages or rusting at the back of the property are more valuable now than ever.

The Randolph County boys remember wrestling 800-pound factory rollers on the truck last summer. "There were a bunch of them," said Seth Arrington. "Somebody had to sit on the cart to keep it from tipping over."

Sand's Tree Service of Asheboro donated the use of the dump truck.

People arranged to bring their castoffs to the school or called the main office to have the kids come out and pick the material up.

The goal was to continue the program through the school year. If revenue exceeded the amount needed to pay for the class banquet and missionary trip, the class would continue to work and donate the money to the school's general fund.

Donors can call Fayetteville Street Christian School (910) 629-1383 or (910) 964-1213.

J.D. Walker is a freelance reporter in Randolph County.

Photo: *Tra'e Hill (on the ground) and Luke Moss load scrap metal on a truck from a site in Asheboro.*

Understanding the Food Label

Eating healthfully requires controlling your portions and eating foods that are high in fiber, and low in saturated fat, trans fat and excess sugar. But how can you be sure the foods you choose meet these healthy guidelines? By reading food labels! This allows you to better understand what is actually in the food you're eating.

Reading a food label

The food label provides important nutrition information about the contents in the package. Often you will find it under the title "Nutrition Facts." A lot of information is included on the label, which is helpful, but can also be confusing.

Research has shown that the two most confusing areas of the food label are serving size and servings per container.

Serving Size:

This is perhaps the most important part of the food label and one that everyone should be familiar with. The serving size refers to the amount normally considered to be one serving. This can be much smaller than what is typically eaten at one time. The serving size on the package may be ½ cup, when you really eat one or more cups of that food. If this is the case, you are consuming at least twice the calories, fat, sugar and sodium.

Servings Per Container:

Always check the number of servings in a container. It is often more than one, even for something that seems like only one serving to you. Bottled beverages and small bags of chips often contain two to three servings. If you finish the entire bottle or bag, you will consume two to three times the number of calories, fat, sugar and sodium.

Sodium:

This lists the amount of salt in a given serving of food. Processed and packaged foods often contain very high amounts of sodium. Aim to eat no more than 2,400 mg of salt per day. This will be hard to do if your diet contains too many packaged foods. That's one more reason to eat fresh fruits and vegetables.

Dietary Fiber:

It is particularly important to read labels when trying to eat a high fiber diet. What you will notice is that most (but not all) packaged foods are relatively low in fiber—another important reason to eat plenty of fresh fruits and vegetables. When choosing packaged foods like cereals, crackers and bread products, look for options that offer the most fiber.

Sugar:

You may find a surprisingly high amount of sugar in what you think of as "healthy" foods. If that is the case, compare labels and look for similar products that contain less sugar.

Macaroni and Cheese

Nutrition Facts

Serving Size 1 cup (228g)
Servings Per Container 2

Amount Per Serving	
Calories 250	Calories from Fat 110
	% Daily Value*
Total Fat 12g	**18%**
Saturated Fat 3g	**15%**
Cholesterol 30mg	**10%**
Sodium 470mg	**20%**
Total Carbohydrate 31g	**10%**
Dietary Fiber 0g	**0%**
Sugars 5g	
Protein 5g	
Vitamin A	**4%**
Vitamin C	**2%**
Calcium	**20%**
Iron	**4%**

* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

From "**Your Wellness for Life Guide**," published by Harris Teeter, a grocery based in Matthews, N.C. The complete guide and daily tracker are available free at all Harris Teeter stores. For more information and a free 7-day meal planner, visit www.harristeeter.com.

Recycling clothing

Just because that old shirt you used to love is too threadbare to wear anymore doesn't mean it has to end up in a landfill. "There's a place for old clothing even if something is missing a button or torn," says Jana Hawley, a professor of textile and apparel management at the University of Missouri-Columbia. "Ninety-nine percent of used textiles are recyclable."

Non-profits like Goodwill and the Salvation Army play a crucial role in keeping old clothes out of the waste stream. When they get donations of clothes that are too threadbare to re-sell in one of their shops, they send them to "rag sorters" that specialize in recycling fabric. Hawley says textile recyclers sell about half the clothing they get to developing countries, while unusable garments, especially cotton t-shirts, are turned into wiping and polishing cloths. She adds that other textiles are shredded into fibers used to make new products, such as sound-deadening materials for the automotive industry, archival-quality paper, blankets and plastic fencing.

Outdoor clothing and gear maker Patagonia in 2005 launched its Common Threads Garment Recycling program. The program was originally begun so customers could return worn out long undies for recycling, but has expanded to taking back Patagonia fleece and cotton t-shirts as well as Polartec fleece from other manufacturers. Consumers wanting to unload items that meet the program's criteria can do so at any Patagonia retail store or by mailing them into the company's Reno, Nevada service center.

Of course, do-it-yourselfers handy with needle-and-thread or sewing machines can turn old clothes into new creations such as quilts, handbags and smaller items. The Web site Expert Village, which claims to have the largest online collection of "how-to" videos, offers a free series called "How to Recycle Old Clothes into New Fashions." Another good use for threadbare clothes (as well as sheets and towels) is pet bedding, whether in your own home or donated to a local animal shelter.

According to the Institute for Local Self-Reliance, textiles make up about four percent of the weight and eight percent of the volume of all municipal solid waste in the U.S. The commercial recycling company U'SAgain finds that some 85 percent of the 70 pounds of textiles the average American purchases each year ends up landfilled.

To learn more: Goodwill, www.goodwill.org; Patagonia, www.patagonia.com; Salvation Army, www.salvationarmy.org; U'SAgain, www.usagain.com; Expert Village, www.expertvillage.com.

Solar power from highways

The concept of using road surfaces to generate solar power is moving beyond the idea stage. Roads absorb heat from the sun and are usually free of sightline obstructions that could otherwise block light rays.

Electrical engineer Scott Brusaw, of Solar Roadways in Idaho, was inspired when he heard solar energy expert Nate Lewis suggest that covering just 1.7 percent of continental U.S. land surface with photovoltaic solar collectors could produce enough power to meet the nation's total energy demand. Brusaw calculated that the interstate highway system covers about that much of the nation's land surface, so he designed a system that combines a durable and translucent glass road surface with photovoltaic solar collectors that could be wired into the electricity grid. Brusaw's design would also heat the roads in winter. Improved efficiency of solar collectors could help place Brusaw's system on our highways.

Zelda Go Wild, courtesy Flickr

A roadside solar-power sign. Civil engineers are working on ways to embed solar collectors in road surfaces themselves, to provide power for de-icing roads in winter and to supply current to local buildings.

Skeptics wonder whether such a high-tech road surface can stand up to everyday use, so Brusaw is developing a prototype along a 45-mile stretch of road in Idaho.

The British firm Astucia has developed a road stud that contains small solar panels and emits LED light to illuminate dark roadways. On the 120 U.K. roads where the new studs have been installed, night-time accidents are down some 70 percent.

The Dutch firm Ooms Avenhorn Holding BV has developed a way to siphon solar heat from asphalt road surfaces and use it to de-ice roads and help power nearby buildings. Pipes under the road surface allow water to heat up during warm weather. The water is then pumped deep under ground where it maintains its higher temperatures to be used later to keep road surfaces ice-free during winter months. Apartment buildings, industrial parks and an air force base have benefited from the innovation, and the firm is working on exporting its system to other countries.

To learn more: Solar Roadways, www.solarroadways.com; Astucia, www.astucia.co.uk; Ooms Avenhorn Holding BV, www.ooms.nl/english.

Got an Environmental Question?
Send it to: EarthTalk, c/o E/The Environmental Magazine, P.O. Box 5098, Westport, CT 06881; submit it at: www.emagazine.com/earthtalk/thisweek, or e-mail: earthtalk@emagazine.com. Read past columns at: www.emagazine.com/earthtalk/archives.php.

HYDROXATONE®
HEALTHNEWS

Erase Wrinkles Without Botox®*!

Breakthrough anti-aging cream combines three scientifically advanced wrinkle-reducing ingredients to rival the results of Botox®.*

What Our Customers Have To Say About Hydroxatone®...

"Within two weeks of using Hydroxatone®, I was getting compliments on my skin from friends and co-workers. My skin not only feels great, but it looks great too! You've made me a Hydroxatone® believer!"

— Robin B., Los Angeles

Results not typical

In recent years Botox®* has been promoted as the leader of anti-wrinkle treatments. Although it can be successful, it is very expensive, painful, must be administered by a physician, and, in many cases, two to three treatments are needed for the desired corrections. After years of research and testing, a new safe, more affordable product offering comparable results is now available.

Most Advanced Anti-Aging Product Available

Hydroxatone® is a true, clinically proven Botox®* alternative. It is a superior facial cream that can reduce deep wrinkles, and it's completely non-toxic, safe and has no side effects. How can it rival Botox®*? Hydroxatone® contains three of the most effective substances known that are needed for real results. Most products use one or two of these important ingredients, but the makers of Hydroxatone® are the first to combine all three, resulting in the most advanced skin care and wrinkle reducer on the market.

Why Choose Hydroxatone®

PRODUCT	Hydroxatone®	Olay® Regenerist†	Strivectin SD®**
Argireline®§ Acetyl Hexapeptide 3	YES	NO	NO
Matrixyl™ 3000‡	YES	NO	NO
Hyaluronic Acid	YES	NO	NO

THREE Proven Wrinkle-Reducing Ingredients

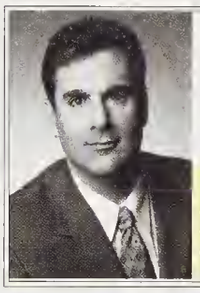
Hydroxatone® is unlike any other skin cream you've ever tried because it relies on THREE proven ingredients for REAL results. Matrixyl™ 3000‡ is clinically proven to promote collagen production in the skin. Collagen is the most powerful substance known to help keep skin stay young, soft and vibrant. Argireline®§ is a combination of amino acids formulated to relax facial wrinkles, reduce the degree of existing wrinkles and stop their future development. And Hyaluronic Acid is virtually unmatched in hydrating the skin, resulting in increased smoothness, softening, elasticity and decreased facial wrinkles. But Hydroxatone® doesn't stop there! It also includes other natural antioxidants, botanicals, vitamins, and peptides and a gentle but powerful exfoliant...all to nourish your skin while fading wrinkles.

Up To 68% Reduction Of Deep Wrinkles

Unless you've actually tried Hydroxatone®, it's hard to imagine it can work the miracles users claim it does. But women and men of all ages are using Hydroxatone® and seeing real and noticeable results every day. The cumulative results that are seen within two weeks will continue with daily use. Over six months this will increase to as much as a 68% reduction in deep wrinkles.

There Is No Comparison

Forget Botox®* or any other radical and dangerous treatments. Throw out other creams that simply don't work. Hydroxatone® is a proven anti-wrinkle cream that is completely safe and clinically proven. Within two weeks Hydroxatone® users will start to see results. With continued use, their skin will become softer, smoother, more radiant, and younger-looking...and that's GUARANTEED.



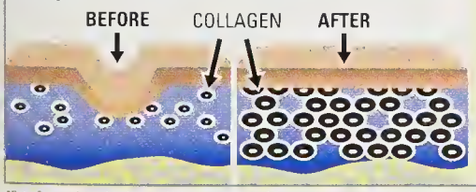
"I talk to so many women who would do almost anything to look younger. That is why I recommend Hydroxatone® to so many of my patients."

–Dr. Michael Fiorillo is a world renowned board certified plastic and reconstructive surgeon and codeveloper of Hydroxatone®.

HOW HYDROXATONE® WORKS

MATRIXYL™ 3000‡ + ARGIRELINE®§ + HYALURONIC ACID

- 68% reduction of deep wrinkles in just six months
- Diminished age spots & increased suppleness
- Enhanced production of healthy, radiant new skin
- Tightened and toned skin



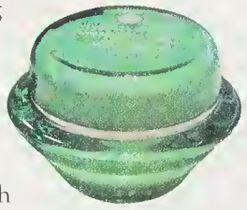
Matrixyl™ 3000‡ – is clinically proven to promote collagen production in the skin.

Argireline®§ – is a combination of amino acids formulated to relax facial wrinkles, reduce the degree of existing wrinkles and stop their future development.

Hyaluronic Acid – is virtually unmatched in hydrating the skin, resulting in increased smoothness, softening, elasticity and decreased facial wrinkles.

Having A Hard Time Finding Hydroxatone®?

For years consumers have only had expensive and ineffective alternatives to achieve younger looking skin. You may have seen other inferior anti-wrinkle products costing hundreds of dollars at some high priced salons. Unlike those pricey and unproven alternatives, the manufacturer of Hydroxatone® is so confident in their anti-aging technology that they are offering a 30-day risk free trial offer... because seeing is believing!



To get your supply of Hydroxatone® risk free, for just a small s&h fee call 888-299-9518. Our operators are available to let you try one of the greatest breakthroughs in wrinkle fighting technology without spending hundreds of dollars.

Call 888-299-9518 to get your Hydroxatone® 30-Day Risk Free Trial Offer Today!

Mention Promotion Code 2HCY11C for a Free Upgrade!

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YOU KNOW YOU'RE IN

Carolina country if...

...you hook an **old bathtub** *to your* **cousin's 4-by-4** *so you can ride in it.*

From Krystal Sykes and Carolyn Batts, Burgaw

From Jill Couch Lambert, Lexington

... Your local roadside is dotted with hand-painted signs for deer corn and apples, pygmy goats, yard sale Saturday, 4 good used tires and John 3:16.

... You figure you're dining at the right place when all the parking spaces have lots of oil spots like where you park at home.

... You exterminate the winter's stacked wood in the shed with the old pickup's morning exhaust.

... Another person can tell what you've been up to when you tell them who you went to see: Dave (automotive), Larry (gas & grocery), Roy (muffler), Gill (grill), Tom (seafood).

... The old badminton set has played many family reunions but now graduated to "bat swatting" and "wood boring bee bashing."

From Krystal Sykes and Carolyn Batts, Burgaw

... Your granddaddy hangs a lawnmower from a tree so he can work on it.

... You and your cousins take one of your grandaddy's old tarps and use it as a clip and slide.

... You wear cowboy boots with your shorts during the summer.

From Nancy Cross, Goldsboro

... You know that eastern North Carolina barbecue has nothin' to do with red sauce and is eaten on a bun with coleslaw.

... You know what a pig-pickin' cake is.

... School is cancelled because of a threat of snow.

From Laura Tiller, Denton

... You use two cinder blocks and an oven rack for a grill to cook out.

... To cook meat, you dig a hole, put hot coals in it, put meat wrapped in tinfoil in it and bury it for a couple hours.

... You know what "going across the river" means.

... You walk or ride bicycles in the streets all night without your parents worrying.

... You use a five-gallon bucket with rocks in it for a Christmas tree stand.

... Your Christmas tree is a cedar that you found while walking around outside.

... Everybody calls your dad "Papaw," even if he's not.

... The first thing you look at in the newspaper is the arrests, because usually there's a family member in there. Then you look at the obituaries.

From Jennifer Cox, Franklinville

... Stepping outside your house on a Saturday morning in early fall you can hear the wail of a chain saw echoing through the woods.

... Within a 5-mile radius of your home there are at least 200 Rouths, Pughs, Johnsons and Cox's.

... You pick cockle-burrs off your dog and cat.

... Eating oyster stew once a year is a tradition at your Uncle Tom's and Aunt Janet's.

... You wear plastic bread bags over your shoes when you play in the snow.

... Your aunt's name is "Ain't Pearl."

From Rick Roldan, formerly of Halifax County

... You know that "you n' yours" means family as in, "How's you n' yours?"

... Every local band you know has "Sweet Home Alabama" and "Freebird" in their arsenal.

... A karaoke night is not complete until someone sings "Friends in Low Places."

... You know that spotlightin' a deer is cheatin'.

... You measure your daughter's suitor by his best point count, and if he drives a Chevy or a Ford.

... You know that if it ain't more than four points it ain't really a good one.

From Cindy Linton, Blounts Creek

... You know how many folks a mess o' collards or a mess o' fish will feed.

... You know how much "right" is, as in "right much," "right far," "right nice" or "right expensive."

... You love the way the river just smells so good some days.

... You live on a road called Possum Track.

... The word "do" sometimes stands for "if so." For example, "Are you too hot? Do, I'll turn the fan on for you."

... You know "a toddy for your body" is a little nip your Daddy and Grandaddy took under the shelter behind the grading room about mid-afternoon on Sunday.

... Your idea of relaxation is sitting on the pier drowning a worm, watching the mullets jump and listening to your young'ns laugh and play in the water.

If you know any that we haven't published, send them to:

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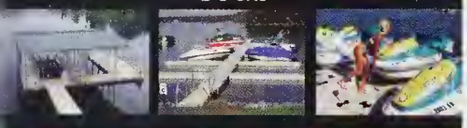

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Remember, if you don't take care of your knees they won't take care of you! Favoring bad knees throws your whole body out of kilter, which can cause shooting back pain, limit your body motion, even give you headaches and sap your energy.

Try Coach Barlow's POWER Knee Support for 30 days. If you're not 100% satisfied, just return it for a full refund of your purchase price. No questions asked.

"Your knee support is the best of all supports I've tried. I don't need the 30 day risk-free offer. It really works!"
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FOR CORRECT SIZE:
Measure around the knee, one inch above the knee cap.
My measurement is _____ inches.

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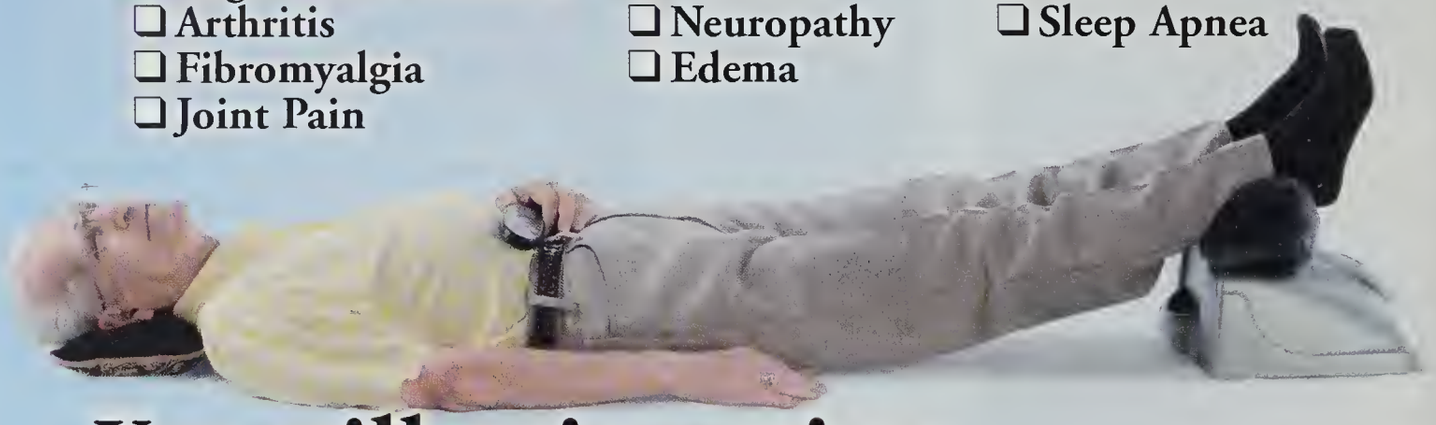
- ❑ Headaches
- ❑ High Blood Pressure
- ❑ Arthritis
- ❑ Fibromyalgia
- ❑ Joint Pain
- ❑ Constipation
- ❑ Back Pain
- ❑ Diabetes
- ❑ Neuropathy
- ❑ Edema
- ❑ Stiff Muscles
- ❑ Poor Circulation
- ❑ Insomnia
- ❑ Sleep Apnea



You will enjoy using the Exerciser 2000 *Elite*™

Receive some of the benefits of aerobic exercise without stress or impact on the joints!

Relaxation of the back muscles

Oxygenation of the blood

Increased mobility

Increase circulation throughout the body

Helps relieve stiffness from head to toe

These statements have not been evaluated by the FDA. Not intended to treat, cure or prevent any diseases.

How Does the Exerciser 2000 Elite™ Work?

Enjoy the benefits of passive exercise--- just lie down, place your ankles on the ankle rest and let the machine do the work.

When you turn the machine on, it creates a 2 inch, right to left movement that gently moves the body back and forth.

This gentle swinging motion cycles up through the whole body, creating an exercise movement without stress or impact on the joints.

Features

- Weighs only 15 pounds
- 15" wide x 13.5" deep x 9.5" high
- ISO-9001 Certified
- FDA Class 1 Registered
- ETL Approval
- 5-speed operation
- 2 pre-programmed selections —one for relaxation and one for energizing
- Heavy duty, high torque DC motor
- Wide cushioned ankle rest
- 16 minute digital timer with safety shut-off
- **4 year parts and labor warranty**

Don't be fooled by cheap imitations

What people are saying about the Exerciser 2000 Elite™

After using the Exerciser 2000 Elite™ twice a day for one week the swelling in my ankles went away. It has also helped my breathing, as I can get out and walk without having to stop and catch my breath! Thank you. —*Shirley H., Florida*

After having a stroke, I could no longer exercise the way I used to. As a result, I developed edema. A friend of mine introduced me to the Exerciser 2000 Elite™. I loved it and I purchased one for myself. After using the machine daily for a few weeks, my symptoms of edema were completely gone. I now use the machine twice a day for 16 minutes each time on speed 3. What a wonderful way to exercise.—*Robert M.*

I am in my late 80's and have diabetes. The first thing I noticed when I started using my machine was that my feet were warm when I went to bed. They were always ice cold before. Because one of my problems is poor circulation, I use the machine three times a day for 10 minutes each; in the morning, late afternoon and just before bed. I almost forgot to mention that I have not been able to lift my arms above my head. Now I can do it. You think that's no big deal until you can't do it anymore. —*Ralph K.*

As a Chiropractor, I would like to say that the Exerciser 2000 Elite™ enables people to benefit themselves at home. It is a valuable asset in moving lymph fluid, oxygenating the blood, increasing immune system function, maintaining mobility in the spine, and additionally freeing up a spine that has become stiff and arthritic. —*Garry Gorsuch, D.C.*

I love using the Exerciser 2000 Elite™ after my morning workout. It is an excellent way to cool down and it helps to start my day off right.—*Deanna C., Kansas*

My husband and I have been into natural products all of our lives but nothing has ever affected us like the Exerciser 2000 Elite™. My husband is 72 and delivers flowers. He carries 5 gallon buckets of water. Since using the machine, his back hasn't hurt him at all. My hips would hurt if I stood too long and I would get weak and have to sit down. Now I can walk and sit as long as I want. I don't take pain medication anymore. In the morning, when I get out of bed I'm not stiff anymore. At 65, wow, this is great! Thank you for offering such a great machine. We are going to tell everyone we know about it. —*Cheryl J.*

The ad I saw almost sounded "too good to be true". With your no risk money back guarantee I figured I had nothing to lose so I purchased the machine... and boy, am I glad I did! I am 75 years old and suffer from sciatica, which makes my back and legs tighten up and causes numbness. I was taking 8-10 Aleve™ every day. After using the machine for only 4 minutes, I noticed my lower back loosening up. Since I have been using the machine I haven't taken any pain pills and have been pain free. My sciatica is not giving me problems anymore and my body stays loosened up. I have also had a snoring problem for quite some time, however, since using the machine my snoring has subsided. My wife is so excited! I cannot tell you how much this machine has turned my life around. —*C. Cummings*

I have had constipation problems for over 25 years. Since I have been using the Exerciser 2000 Elite™ I have been regular every day and have begun to lose weight. This is truly a blessing and is so easy to use. —*Jeannie*

I had suffered with sleep apnea for many years and had been taking drugs for it. I was told I would have to use a breathing apparatus. In the meantime, I was introduced to the Exerciser 2000 Elite™ and decided to purchase one. Within two weeks, I was sleeping more deeply and restfully than ever before. —*David B.*

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Safe place for children

The Dove House Children's Advocacy Center in Statesville provides a safe, child-friendly facility from which a team works to prosecute reported child sexual abuses cases in Iredell and Alexander counties. Interviews and treatment with community professionals, all takes place at Dove, eliminating the need for traumatized child victims to have to go to multiple locations such as police stations, hospitals and District Attorney's office. From initial case assessment to final disposition, the coordinated team's goal is to enhance the legal system toward more successful prosecutions and help move the child toward healing. According to fundraising chairman Jack Grossman, Dove House has raised successful prosecution rate of child sexual assault cases in Iredell County from below 20 percent to nearly 90 percent, and has received the Governor's Crime Commission Award of Excellence. Dove House, served and supported by EnergyUnited, is holding its annual fundraiser Rockin' Ribfest May 30–June 1 in Troutman at Iredell County Fairgrounds. Activities include a battle of the bands, kid's zone, arts and crafts and rodeos. For Ribfest information, call (704) 662-3620 or visit www.dovehouseribfest.com

(704) 883-9814
www.DoveHouse.us

NC craft cards

This unique "knowledge" pack showcases a wide mix of innovative and traditional North Carolina artists and their crafts. Each of the 47 cards in the set features a color photograph of an object such as a ceramic piece, sculpture or furniture, along with interesting information about its creator and short essays that reflect on the craft's cultural themes. Traditional forms like pottery, ceramics and fiber arts are intermingled with contemporary work in glass, metal, and wood. Discover Craft NC cards include Cherokee carvers, Piedmont galleries and coastal decoy makers. One card highlights furniture maker Thomas Day, a significant African American artisan from the 1800s who lived in Milton, and one of his prized commissioned chairs. Another features striking glasswork from Spruce Pine's Harvey Littleton. The cards can be thumbed through while traveling, waiting for the dentist or simply taking an artful respite from the day. Discover Craft NC Knowledge Cards are sold through the Historical Publications Shop section of the Web site below. $9.95 for a set.

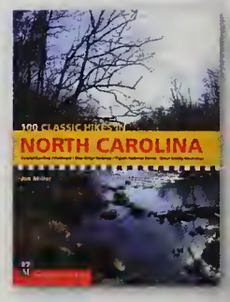
(919) 733-7442
www.ncculture.com

BBQ sauce made in Stella

Tarheel Premium is a line of barbecue sauces created by Kay Smith, a Carteret-Craven Electric Cooperative member in Stella. Originating from a family recipe, there are three sauces available: "Tarheel Premium Gone Whole Hog" is a red pepper sauce based in vinegar to suit eastern Carolina barbecue fans. "Tarheel Premium Barbecue" is tomato-based, with lemon juice, Worcestershire sauce, molasses garlic and vinegar and the "Tarheel Premium Honey Barbecue Sauce" is a honeyed mix of ginger, garlic, lemon juice, peppers and other spices. Bottles are 16 ounces and retail for $5 each. Wholesale bottles are $2.50 each. They are sold in several coastal specialty stores, including The Village Market on Emerald Isle, Christina's Collectibles in Cedar Point and Glory Bee and Noah's Ark in Swansboro.

(252) 723-2892
www.tarheelpremium.com

100 classic hikes



There are hikes for all levels of interest and fitness here, ranging from intense heart-pounding climbs with sweeping vistas to smoother, tamer terrain filled with serendipitous, historical tidbits. Author Joe Miller, outdoor adventure columnist for the News and Observer in Raleigh, covers flora and fauna, safety and explains "The Ten Essentials." Hikes discussed include the Hermit trail at Fort Fisher, a jaunt along High Point City Lake, the Neusiok trail in Croatan National Forest, the Linville Gorge Wilderness, and the Boogerman Trail in Cataloochee Valley. Full-color topographical maps, elevation profiles, and more than 100 photographs, along with a Trails-at-a-Glance chart, are included in "100 Classic Hikes in North Carolina." The book also contains information about public lands acquisition and regulations. Published by the Mountaineers Books in Seattle, Wash. Softcover, 240 pages, $21.95.

(800) 553-4453
www.mountaineersbooks.org

Coastal whodunnit

Quinn Winslow retires to coastal Morehead City to garden, cook her favorite family recipes and remodel her vintage Bogue Sound home. She joins an investment club and makes some new friends. But her old habit of reading the obituaries leads her to wonder about the increasing number of elderly deaths among the elderly in her town. She decides to investigate before she, too, "accidentally" becomes a victim. "Begin Again, Quinn" is sold by booksellers and by the author, Karen Dodd, a Tideland EMC member who lives in New Bern. Softcover, 200 pages, $13.95.

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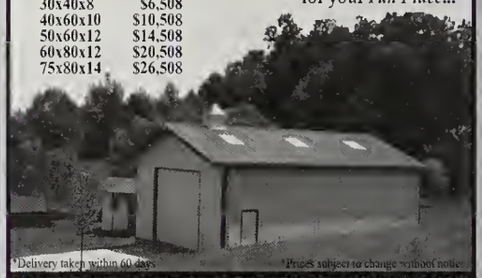

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Domi-no.S

T	E	N	S
		7	
		X	S
F	O	R	T	Y

Letters have been substituted for digits in this multiplication puzzle. Given N=7, can you replace missing digits?

Say watt?

"Do something for somebody everyday for W_____ _____ ___ _____ _____ _____D."

Albert Schweitzer

W	Y	H	C
O	H	I	G
U	P	T	E
A	D	T	O
D	I	O	N

To complete this quotation, start with the W in the top left corner and end with the D in the bottom left corner to spell out the six missing words, moving from letter to adjacent letter, up, down, left, right, or diagonally.

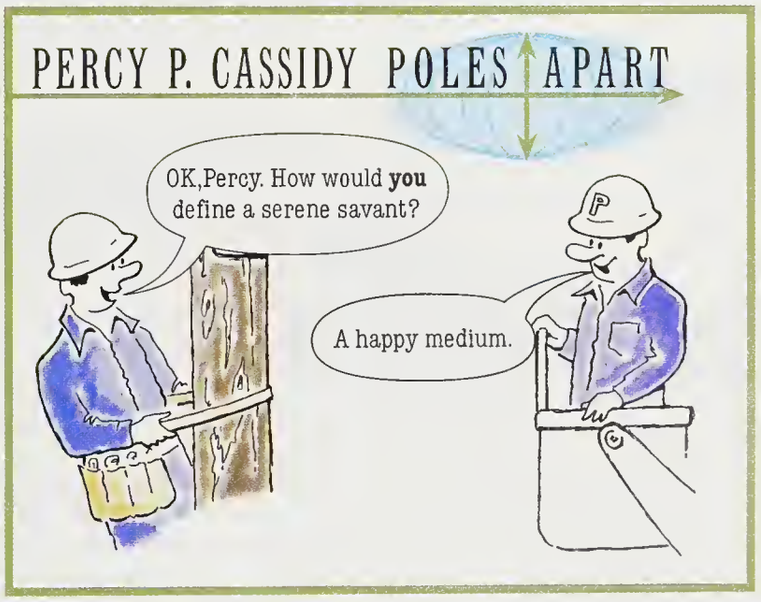
For answers, please see page 34

©2008 Charles Joyner

Brunswick Sudoku

	B	N		W				U
R			S		N		K	
K		W	U				I	
			N		W	I		
I	C	K				N	W	S
		S	C		K			
	K				S	U		I
	I		W		R			C
U				K		S	B	

Fill in the grid so that each letter in BRUNSWICK appears just once in each column, row, and each of the nine-by-three squares. Bounded on the east by the Atlantic Ocean, Brunswick is the southernmost county in North Carolina.



SOUTHERN exposure

Did you know that juke, or jook, is a Carolina creole word?

In an appended chapter of her new book, "The Zookeeper's Wife: A War Story," poet and naturalist Diane Ackerman says "jukeboxes were invented in the 1930s to supply music in backroad jooks–Carolina creole for joints that were a combinatiion of bawdy house, gambling den and dance shack."

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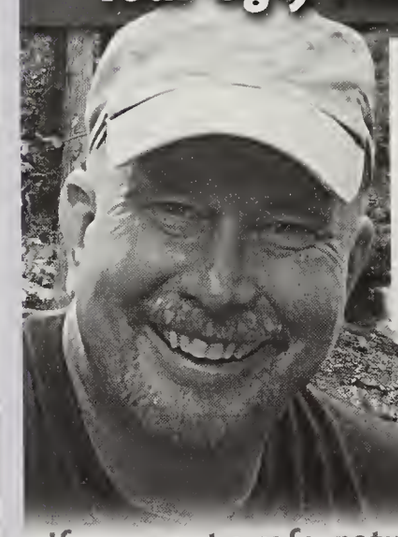

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$150,000	$793.81	30YR. FIXED	4.87%	5.08%
$225,000	$1,190.72	30YR. FIXED	4.87%	5.07%
$300,000	$1,406.25	30YR./10 IO	5.62%	5.80%

Samples are **Fixed Rate** conforming loans for 70 LTV rate/term transactions and 720 FICO scores. *Home Equity loan is interest only payment. 2nd lien at 80 LTV. All products allow principle payments at any time without penalty. All rates and terms subject to change with market conditions. Other rates, Terms and Products available. Call about Cash Out, Debt Consolidation, JUMBO Loans, Double Wides/Land, Reduced Documentation, an more. Ask about our 40, 20, 15 and 10 year terms!

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Domi-No.s

T E N S x S = F O R T Y
9 5 7 4 x 4 = 3 8 2 9 6

SAY WATT?

which you do not get paid

Brunswick Scramble

C	B	N	K	W	I	R	S	U
R	U	I	S	C	N	W	K	B
K	S	W	U	R	B	C	I	N
B	R	U	N	S	W	I	C	K
I	C	K	R	B	U	N	W	S
N	W	S	C	I	K	B	U	R
W	K	C	B	N	S	U	R	I
S	I	B	W	U	R	K	N	C
U	N	R	I	K	C	S	B	W

May Events

The 7th annual Sanford Pottery Festival, by far the largest in the state, will be held the weekend of May 3 and 4 at the Dennis A. Wicker Civic Center in Sanford. Tickets are $5 for a daylong adult pass. Touchstone Energy cooperative Central EMC is a co-sponsor. For more information: (919) 776-4351 or www.sanfordpottery.com

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Street Dances
Mondays, Hendersonville
(800) 828-4244
www.historichendersonville.org

Phipps Store Music Jam
Friday nights, Lansing
(336) 384-2382
www.blueridgemusic.org

4th Friday Gallery Walks
Through Dec., Brevard
(828) 884-2787
www.tcarts.org

Ray Price Concert
May 1, Spindale
(828) 286-9990
www.foundationshows.org

Hot Nights & Hot Cars Cruise In
First Saturdays through Oct. 4, Pilot Mountain
(336) 368-4850
www.hotnightsandhotcars.com

MayFest
May 3, Rutherfordton
(828) 287-2071
www.rutherfordtown.com

Raleigh Ringers Concert
May 3, West Jefferson
(336) 846-2787

Golden Jubilee (Seniors Exposition)
May 3, Shelby
(864) 201-2464
www.jubileeofshelby.com

A High Tea
May 8, Hendersonville
(828) 891-6585
www.historicjohnsonfarm.org

Art Hop
May 9–10, Spindale
(828) 245-1492
www.rcvag.com

Arts Festival
May 9–11, Black Mountain
(828) 686-8742
www.lakeedenartsfestival.org

Bluegrass Festival
May 10, Fontana Dam
(800) 849-2258
www.fontanavillage.com

Elvis Tribute Artist Chuck Ayers
May 10, Matthews
(980) 205-1231

Dragon Boat Race Festival
May 10, Lake Lure
(828) 980-8838
www.lureofthedragons.org

Night of the Spoken Word (Poetry)
May 17, West Jefferson
(336) 846-2787

Yadkin Valley Wine Festival
May 17, Elkin
(336) 526-1111
www.yvwf.com

Ride 4 a Reason
May 17–18, Morganton
(828) 433-2661
www.ride4reason.org

Main Street Lofts Tour
May 18, Hendersonville
(828) 697-3088

Wildflower Workshop
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"Six Dance Lessons in Six Weeks" (Play)
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Ole Time Fiddler's & Bluegrass Festival
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(828) 478-3725
www.fiddlersgrove.com

Thermal City Miners Meet
May 23–26, Union Mills
(828) 286-3016
www.huntforgold.com

Garden Jubilee Festival
May 24–25, Hendersonville
(828) 693-9708
www.historichendersonville.org

Corvette Show
May 24–25, Maggie Valley
(828) 734-9126
www.smokyevents.com

Memorial Days Festival
May 24–26, Lake Lure
(828) 245-1492
www.shepardscarehng.org

Lake Logan Reflections Quilt Show
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May 1–31, Smithfield
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Farmers Market
Wednesdays, Fayetteville
(910) 893-8206
www.downtownfayettevillemarket.com

Community Band Concert
May 1, Fayetteville
(910) 630-7602
www.fayettevillecommunityband.org

Greek Festival
May 2–4, Chapel Hill
(919) 682-1414
www.stbarbaraschurch.org

"Grease"
May 2–4, Benson
(919) 894-3825
www.johnstoncountync.org

Eastover Heritage Day
May 3, Eastover
(910) 483-6725
www.townofeastovernc.com

Old Jonesville Day
May 3, Jonesville
(336) 835-3426

Free Day at Cape Fear Botanical Garden
May 3, Fayetteville
(910) 486-0221
www.capefearbg.org

Car Show
May 3, Lexington
(336) 596-2291

Antiques Street Fair
May 3, Cameron
(910) 245-3055
www.antiquesofcameron.com

Heritage Day
May 3, Mount Airy
(336) 789-4304

Bluegrass and Barbecue
May 3, Huntersville
(704) 875-2312
www.lattaplantation.org

Heritage Day
May 3, Pinnacle
(336) 325-2298

Pottery Festival
May 3–4, Sanford
(919) 776-4351
www.sanfordpottery.com

Ham & Yam Festival
May 3–4, Smithfield
(919) 934-0887
www.johnstoncountync.org

American Music Jubilee
May 3, 17, 22, 24, 31, Selma
(919) 202-9927
www.johnstoncountync.org

May Day
May 4, Fayetteville
(910) 486-0221
www.capefearbg.org

Carrboro Day
May 4, Carrboro
(919) 918-7364
www.townofcarrboro.org

North Carolina Symphony
May 8, Fayetteville
(910) 733-2750
www.ncsymphony.org

Doyle Lawson & Quicksilver's Bluegrass Festival
May 8–11, Denton
(800) 458-2755
www.threshers.com

Tractor & Truck Pull
May 9–10, Oakboro
(704) 485-4906
www.hinsonauction.com

"The Buddy Holly Story"
May 9–25, Fayetteville
(910) 323-4233
www.cfrt.org

Unifi Relay for Life Cruise-In
May 10, Yadkinville
(336) 679-3704

Folk Arts Festival
May 10, St. Pauls
(910) 865-3890
www.ncfolkartsfest.org

Eddie Mills
May 10, Selma
(919) 202-9927
www.johnstoncountync.org

Daniel Boone Family Festival
May 10, Mocksville
(336) 513-3676
www.DanielBooneFamilyfestival.com

Charity Bass Tournament
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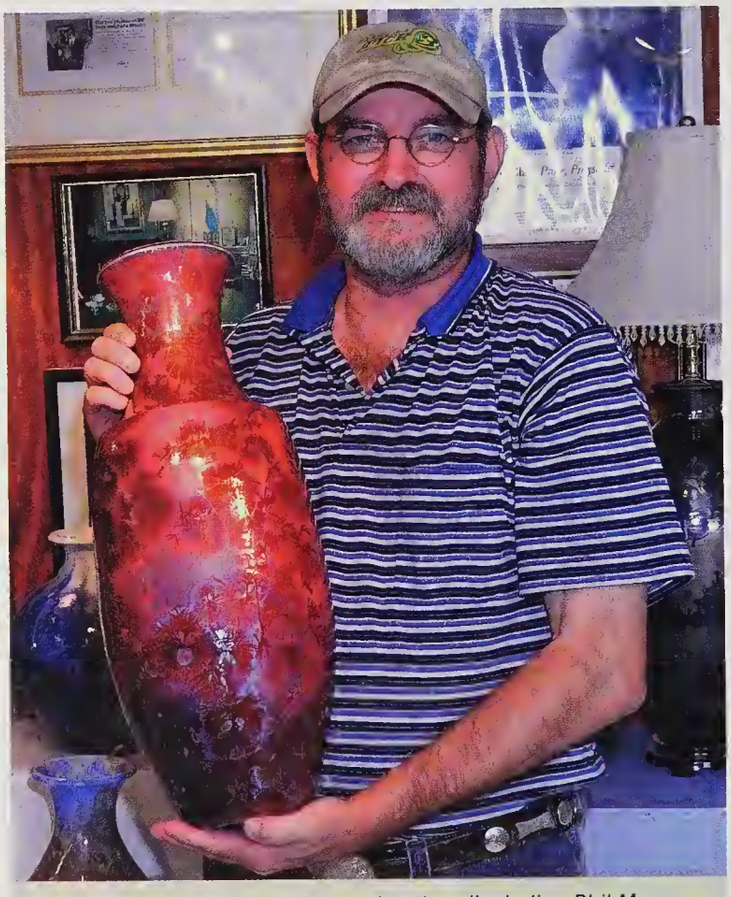

Premier North Carolina artists and potters (including Phil Morgan, in photo) have donated more than 130 pieces to the Pottery and Fine Art Auction to be held May 10 at Linbrook Hall, a 350-acre estate on 5297 Snyder Country Rd. in Trinity, south of High Point. The event raises funds for a production pottery scholarship at Montgomery Community College in memory of Ashley Albright, a girl stricken with spinal meningitis and encephalitis at age 5. Ashley struggled with the disease until she died in 2006 at age 24. For information: (336) 824-4802 or www.ashleyalbright.com

Ricky Skaggs & Kentucky Thunder
May 10, Hamlet
(910) 410-1691
www.richmondcc.edu

Pottery & Fine Art Auction
May 10, Trinity
(336) 824-4802
www.ashleyalbright.com

Acorn Festival
May 16–18, Four Oaks
(919) 963-3112
www.johnstoncountync.org

Tuscarora Nation Powwow
May 16–18, Maxton
(910) 844-3352
www.tuscaroranationnc.com

Friends of Bluegrass/ Blue Moon Rising
May 17, Holly Springs
(919) 567-4000
www.friendsofbluegrass.org

Fortifying the Post (Soldier Drills)
May 17–18, Statesville
(704) 873-5882
www.fortdobbs.org

Cumberland Oratorio Singers
May 18, Fayetteville
(910) 630-7412
www.methodist.edu

Bluegrass Festival
May 22–25, Snow Camp
(336) 229-9055
www.bassmountain.com

Fourth Friday Gallery Crawl
May 23, Fayetteville
(910) 323-1776
www.theartscouncil.com

Summer Night Stroll
May 23, Lexington
(336) 249-0383
www.uptownlexington.com

Taste of Durham (Food Festival)
May 24, Durham
(919) 572-6551
www.tasteofdurham.org

The Fab Four
May 24, Winston-Salem
(336) 721-1945
www.ncarts.edu/stevens_center

Living History Day
May 24, Huntersville
(704) 875-2312
www.lattaplantation.org

Glory Days Street Fest
May 26, Fayetteville
(910) 483-5311
www.visitfayettevillenc.com

Sundown in Downtown
May 29, Benson
(919) 894-3825
www.johnstoncountync.org

Rockin' RibFest
May 30–June 1, Troutman
(704) 662-3620
www.dovehouseribfest.com

Shag Contest & Oyster Roast
May 31, Southern Pines
(910) 373-1500

Potter's Show
May 31, Goldsboro
(919) 731-2789

Blues 'n Brews Festival
May 31, Fayetteville
(910) 323-4233
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Festival in the Grove
May 31, Wallburg
(336) 687-0483
www.festivalinthegrove.org

"God Bless America Doll & Bear Sale"
May 31, Durham
(803) 783-8049
www.knightshows.com

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www.newberncivictheatre.org

Jarman Opry Theater
May 3, New Bern
(252) 675-7689

Play Day
May 3, Edenton
(252) 221-4875

Tryon Palace Home School Day
May 3, New Bern
(252) 514-4900
www.tryonpalace.org

Bird Day
May 3, Washington
(252) 923-2191

Hog Fest
May 3–4, Edenton
(252) 482-4057

Tryon Palace Theater
May 3 & 17, New Bern
(252) 514-4900
www.tryonpalace.org

250th Anniversary Celebration
May 4, Hertford
(252) 426-5657
www.historichertfordinc.org

Lunch & Learn
May 8, New Bern
(252) 636-8558

Artwalk
May 9, New Bern
(252) 633-4369
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May 9, Oriental
(252) 249-3670
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(252) 923-3971

Military Appreciation Day
May 10, Swansboro
(910) 326-1174

Music in the Streets
May 16, Washington
(252) 946-2504

Pig Out on the Green
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(252) 426-7227
www.historichertfordinc.org

Seafood Festival
May 16–17, Engelhard
(252) 925-3719
www.engelhardseafoodfestival.com

Historic Homes Tour
May 16–17, Hertford
(252) 426-5657
www.historichertfordinc.org

Family Boating & Boat Show
May 16–18, Morehead City
(252) 808-0440
www.downtownmoreheadcity.com

Spring Garden Party
May 17, Hertford
(252) 426-7567
www.newboldwhitehouse.org

Potato Festival
May 17, Elizabeth City
(888) 936-7387
www.discoverelizabethcity.com

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www.ncmuseumofhistory.org

Vantage Point VIII: Jiha Moon
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www.themintmuseums.org

"Far From Home"
Through July 13, Raleigh
(919) 839-6262
www.ncartmuseum.org

Favorite Artifacts
Through August, High Point
(336) 885-1859
www.highpointmuseum.org

COAST

Shells Exhibit
Through May 31, Wilmington
(910) 798-4350
www.capefearmuseum.com

"The Carl Billingsley Exhibition"
Through July, Wilmington
(910) 251-9296
www.pedestrianart.com

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By Carla Burgess

Junior gardeners

Helping kids plant fast-maturing veggies like radishes and leaf lettuce is a popular way to pique their interest in gardening. But there are many other ways to encourage the young gardeners in your life.

- Most gourds and pumpkins have a long growing season, but the payoff is worth it. Nothing beats carving a jack-o-lantern you've grown yourself or making a homemade birdhouse from a gourd. Watching the vines grow and mature is fun too, especially once you've spied the beginnings of the first fruits.
- Help kids make teepees out of bamboo or other types of stakes, then plant seeds of vining plants at the base. Good choices include scarlet runner beans and moonflowers. As the plants climb, the foliage will quickly produce a "green tent" for creative playtime.
- Growing plants for competitions, such as at a county fair, can keep children engaged all summer. Give them their own tape measure to use in following the progress of a melon, sunflower or other prize hopeful.
- To instill pride, suggest that children share their harvest with a neighbor or a community charity.
- Help young gardeners develop a conservation ethic. Challenge them to find ways to conserve water or re-use household items in the garden.
- Give older children the opportunity to participate in woodworking projects, such as building window boxes or raised beds.

Smitten with sunflowers

The sight of a field full of towering yellow sunflowers is the only advertisement necessary to send gardeners sprinting for the seed store. These days, the racks are so loaded with sunflower varieties, it's hard to decide which to plant. Some people grow sunflowers for harvesting edible seeds; others plant them solely for their beauty in the garden or the vase. Sunflowers may be single-stemmed or branched, and they flower in a range of colors including red, orange, yellow and bronze. Besides the traditional wide-faced sunflower are varieties with flowers resembling marigolds, daisies or dahlias.

Of the sunflower varieties that produce edible seeds, the timeless standard is 'Mammoth Russian', also called 'Gray Stripe', 'Mammoth' or 'Russian Giant'. It dates back to U.S. seed catalogs of the late 1880s. Known to tower to 18 feet tall with a 12-inch flower head, this single-stalked sunflower is often grown for flower competitions in addition to its culinary value. Comparably sized behemoths that also produce edible seed include 'Sunzilla', 'Skyscraper', 'Titan' and 'American Giant Hybrid'. If you want to reap edible seeds with less drama, try 'Sunspot'. This dwarf variety grows to about 2 feet tall, but still bears a respectable 10-inch head. 'Super Snack Hybrid' stays about 5 feet tall. Other sources of yummy seeds, though a little harder to find, include the heirlooms 'Tarahumara' and 'Hopi Black Dye'.

Pollenless varieties of sunflowers are perfect for bouquets—there is no yellow or orange dust to stain the fingers or soil the tabletop. The pollen-free trait is usually noted on the seed packet.

Some dwarf, ornamental sunflowers are well-suited to pots, including 'Teddy Bear' (16–24"), 'Elf' (16"), 'Music Box' (24–30") and 'Incredible' (18").

The gorgeous, multi-branched Mexican sunflowers, with blooms in either yellow or red, grow 4 to 5 feet tall. They wear soft, fuzzy foliage and blooms that resemble dahlias. The plants flower non-stop until fall and are very drought-tolerant. A newer and smaller, equally floriferous variety is 'Fiesta del Sol', which grows 28 to 30 inches tall.

For best results, sow sunflowers directly into the ground or into the container where they'll remain. Seedlings quickly develop a long taproot and resent being transplanted. Germination will be quickest with seeds planted after the soil has warmed.

Hort Shorts

- Try to identify pest damage or disease before reaching for a pesticide that may do nothing to solve the problem. A wonderful online resource for troubleshooting is the Plant Pest Handbook, which you can view free at the Connecticut Agricultural Experiment Station Web site www.ct.gov/caes/cwp/view.asp?a=2823&q=378182. With its convenient A–Z search feature, you can learn how to diagnose the woes of plants from azaleas to zinnias.
- Liquid laundry detergent bottles make inexpensive and functional watering cans. Using an electric drill with a small bit, carefully drill enough holes in the cap to create the degree of "sprinkle flow" you like. Remember to rinse containers well before the first use.

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Carla Burgess can be reached at ncgardenshare@mindspring.com.

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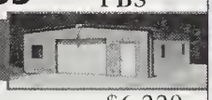

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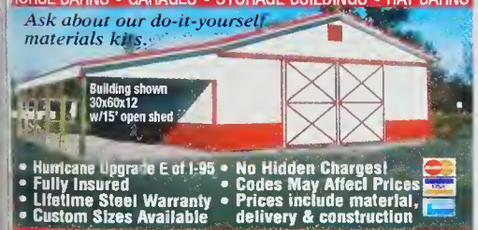

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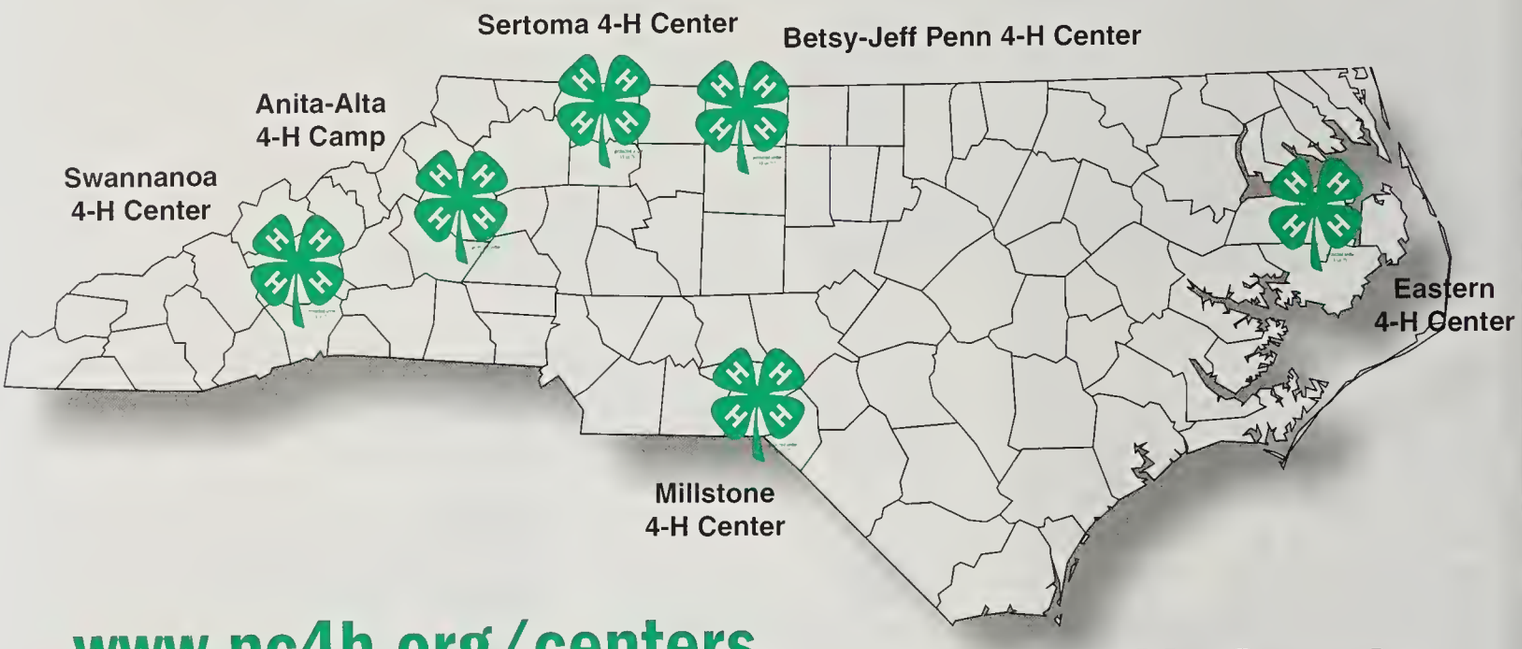

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It's Strawberry Season.

Try these recipes from the North Carolina Strawberry Association. To find a strawberry farm near you, or for more information, visit www.ncstrawberry.com

MARTHA WASHINGTON PIES

This recipe by Dorothy Fann, Clayton, was prize-winner in the N.C. Strawberry Association recipe contest.

- 4 egg whites
- ¼ teaspoon cream of tartar
- 1 cup plus 1 tablespoon sugar, divided
- 1 cup finely chopped pecans
- ½ cup crushed saltines (about 12 crackers)
- 1 teaspoon vanilla extract
- 6 cups sliced fresh strawberries
- ⅔ cup reduced fat whipped topping

In a large mixing bowl, beat egg whites and cream of tartar on medium speed until soft peaks form. Gradually beat in 1 cup of sugar, 2 tablespoons at a time on high until stiff and glossy peaks form and sugar is dissolved. Fold in nuts, crackers, and vanilla. Drop by rounded ⅓ cupfuls onto parchment-lined baking sheets. Shape into 3½-inch rounds with back of a spoon.

Bake at 300 degrees for 25–30 minutes or until set. Turn oven off, and leave in oven with door closed for 2 hours. Toss strawberries with the remaining sugar, then spoon ⅔ cup onto each shell. Dollop each shell with whipped topping.

Yield: 9 servings

CAROLINA STRAWBERRY TIRAMISU

This recipe by Amanda Boury, Raleigh, was prize-winner in the N.C. Strawberry Association recipe contest.

- 4 cups strawberries
- 1 tablespoon vanilla syrup
- ¾ cup amaretto liqueur
- 8 ounces mascarpone cheese
- ¾ cup whipping cream
- Ladyfingers
- Cocoa powder

Puree 2 cups of strawberries. Beat whipping cream until soft peaks form, whip in mascarpone cheese, vanilla syrup, and amaretto. In a large bowl or other deep dish, place a layer of ladyfingers which have been soaked briefly—less than a minute—in pureed strawberries. Add a layer of sliced strawberries and then a layer of the whipped cream mixture. Repeat. Top with cocoa powder. Chill for 2 hours before serving.

STRAWBERRY SENSATION CAKE

This recipe by Mattie Fowler, Winston-Salem, was prize-winner in the N.C. Strawberry Association recipe contest.

- 2¾ cups cake flour
- 2½ teaspoons baking powder
- 2 cups white sugar
- 1 package (3-ounce) strawberry flavored gelatin
- 1 cup butter, softened
- 4 eggs
- 1 cup milk
- 1 teaspoon vanilla extract
- ½ cup pureed fresh strawberries

Filling

- 3 Hershey chocolate bars (1.55-ounces each), chopped
- 1½ cups heavy cream
- 2 tablespoons sugar
- ½ teaspoon vanilla extract

Cream Cheese Frosting

- 1 stick butter, softened
- 1 package (8-ounce) cream cheese, softened
- 4 cups confectioners sugar
- 2 teaspoons vanilla extract

Garnish

- 4–6 whole fresh strawberries, washed
- 1½ cups fresh strawberries, sliced
- 1 cup semisweet chocolate chips, melted
- 1 tablespoon shortening

Preheat oven to 350 degrees F. Grease and flour three 9-inch round cake pans.

Mix flour and baking powder together and set aside. In a large bowl on medium speed, beat sugar, gelatin and butter until fluffy (about 4 minutes with a heavy duty mixer, 6 minutes with a less powerful one). Add eggs one at a time, beating well after each addition. Beat in flour and milk alternately, beginning and ending with flour. Fold in 1 teaspoon vanilla and pureed strawberries. Divide equally into three 9-inch round cake pans. Bake at 350 degrees for 25 minutes or until toothpick inserted into cake comes out clean. Cool for 10 minutes in the pans on wire racks, then remove from pans onto racks and cool completely.

Filling: Beat whipping cream, 2 tablespoons sugar, and ½ teaspoon vanilla on high until stiff. Fold in ½ cup chopped chocolate bars. Store in refrigerator until ready to use.

Frosting: Beat the butter and cream cheese until fluffy, about 1 minute. Add the powdered sugar and vanilla and beat until desired consistency.

Chocolate Dipped Strawberries: Rinse strawberries and dry thoroughly on paper towels (chocolate will not stick to wet strawberries). Set aside. Place chocolate morsels and shortening in top of a double boiler, bring water to boil. Reduce heat to low and cook until chocolate melts. Cool chocolate to lukewarm (110 degrees). Grasp strawberries by the top and dip in chocolate mixture. Place on a wire rack sprayed with vegetable cooking spray and chill until firm.

Assembly: Cover two cooled layers with ⅓ of the filling, then stack all three. Frost sides of cake with the frosting. Pipe an edge of frosting around cake top. Spread remaining ⅓ of filling on cake top. Garnish top of cake with dipped strawberries. Put sliced strawberries around base of cake.

Winning reader recipe

Cornbread Salad

- 1 box cornbread mix (Jiffy or Martha White) Make and bake as directed on box

Mix together

- 1 cup chopped green pepper
- 1 cup chopped onion
- ½ cup celery
- 2 large tomatoes, chopped
- 2 cups shredded sharp cheese
- 2 cups mayonnaise

Bake cornbread and crumble in medium pieces and then add the vegetable mixture and stir until well mixed. Top with bacon bits.

Ann Dyson of EnergyUnited in Mocksville, NC will receive $25 for submitting this recipe.

Send Us Your Recipes

Contributors whose recipes are published will receive $25. We retain reprint rights for all submissions. Include your name, address, phone number (for questions), and the name of your electric cooperative. Mail to: Carolina Country Kitchen, P.O. Box 27306, Raleigh, NC 27611 or E-mail to: Jenny.Lloyd@carolinacountry.com

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85	$26.26	$17.67

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